NEW MAJOR: WOMEN’S STUDIES

Shannon Craig

Contributor: Barrenas

Twenty-years after students began to focus their academic endeavors on women’s studies, the topic is now an official departmental major.

“Women’s studies is one of the best liberal arts majors you could ever hope to find. It is wonderfully interdisciplinary. It seeks to find links between the courses you take. It is meant to be empowering and help students make sense of their own calling. In that sense it is very individualized,” said Jane Dickie, chair of the women’s studies department.

Students in the department agreed with Dickie’s positive assessment of the major.

“The women’s studies major examines the world from the margins. It takes an original, organic and more truthful approach in its conveyance and understanding of knowledge, history, language, etc. I am a women’s studies major because I am a philosopher, an activist and an advocate for social justice,” Mary Hofert (’09) said. “I am a women’s studies major because of my egalitarian ideology and my consciousness, and ensuing subversion, of patriarchy. I am a women’s studies major because of my belief in the validity of the pursuit of happiness and truth and the advancement of knowledge and compassion. I believe in the right of the human to be and to choose its being.”

Individuals have majored in women’s studies as a composite major since the 1980s. In 1989, an official women’s studies minor was approved, creating a women’s studies program at Hope College. Professor Dickie of the psychology department was named as director of the women’s studies program in 1991.

During the 1990s, the college saw an increase in the number of students choosing a composite major in women’s studies. In response to the increase in composite majors, the women’s studies department began an evaluation of its program.

Beginning in 2000, the women’s studies program took steps to start the official approval process, which began in 2003.

“There were all these stages of approval and the problem was that there was no procedure for how it should be done. It was a grassroots movement. It was really faculty and students, especially students,” Dickie said.

Dickie described a preparation process in which a report of over 100 pages was prepared. The report reviewed the minor, as well as student responses to the proposal. An outside reviewing organization also wrote a report recommending the major in 2003.

The new major requires 32 credits, while the minor requires 20 credits. Dickie explained that students often begin with cross-listed courses because they have an interest in the subject matter.

“I think that (the questions the women’s studies major raises) asks students to de-center and look at things from another person’s point of view. They can often challenge the status quo and the hierarchies of power. They ask, how does gender affect our lives and how did it get to be that way? They ask the question, what is gender? The answers to these questions are often very complicated and often touch..."
DEATH, VIOLENCE CONTINUE IN IRAQ

Chris Lewis

As of Nov. 24, an estimated 2,872 American soldiers have been killed in Iraq. 2,355 of these men and women died during combat. British-based research group Iraq Body Count has documented around 50,000 Iraqi civilians deaths since the Iraq War began in March 2003.

A team of United States and Iraqi researchers recently estimated that 655,000 more people have died during the post-Iraq invasion period than would have died had the war not occurred.

Meanwhile, last October proved to be the deadliest month of combat in Iraq to date. Orignally the Associated Press reported that 1,216 Iraqi civilians were killed during that month. Now, according to the United Nations, it seems that over three times as many civilians were actually killed in October, bringing the total to 3,709.

To escape the violence, according to the United Nations, an estimated 1.6 million civilians have sought refuge in neighboring countries surrounding Iraq since 2003. An estimated 418,392 people have moved to other parts of Iraq because of the increased violence. A statistic that should really alarm the Bush administration is that around 100,000 Iraqis per month have been fleeing Iraq during the past few months.

When the war first began, the capital of Baghdad was the target of a terrorist bombing.

BUSH VISITS SOUTH ASIA

Larissa Mariano

Last week, President George W. Bush visited China, Vietnam and Indonesia. This trip to Southeast Asia was a milestone since it has been exactly 100 years since the first presidential overseas visit.

Recently, Bush’s bill to normalize trade with communist Vietnam did not pass in the House of Representatives.

Bush attended the Asia-Pacific Economic Cooperation forum in Hanoi, the Vietnamese capital. The economic forum was mainly about political issues, specifically the nuclear threat posed by North Korea.

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Bush’s visit with street protests. In Hanoi, the Vietnamese capital, Bush was greeted by a protest against his country’s guest. Bush said, “In my opinion, I don’t like the protests of the Muslims who hate Bush (which could lead to anarchy). In my opinion, we have to respect our country’s guest.”

With the heavy security concerns, Bush stayed less than seven hours in Indonesia— the last stop of his Asia tour that included visits to Singapore and Vietnam.

Indonesia is an example of how democracy and modernization can provide an alternative to extremism,” Bush said.

DARFUR CONFLICT CONTINUES

Brian McLellan

The situation in Darfur, Sudan, on-going for more than three years, continues to escalate. More than 200,000 people have been killed, and millions of others have been displaced by the fighting. Travel in the Darfur region is near impossible, with 95 percent of the roads too dangerous to travel.

“The failure is one of the government not being willing to protect its own citizens, rather fueling the conflict; of rebels not wanting to join the cease-fire; and of the international community, which is not living up to the responsibility to protect, which was solemnly sworn … one year ago,” said Jan Egeland, the U.N. emergency relief coordinator.

Possibly worse than the violence is the humanitarian problem, which a top U.N. humanitarian official has said is approaching a crisis.

“I was there in 2004 when there was 1 million people in need. 2005, 2 million … in the spring, 3 million. And now there are 4 million in desperate need of humanitarian assistance,” Egeland said.

“Up until August, we were able to—against all odds—to reach up to 3 million of these people. Most of the people got assistance, and mortality decreased because of this, the best-funded operation on earth... all of that is now at risk (because of the violence).”

One suggestion to resolve the conflict in Darfur is to send U.N. peacekeeping troops to the region in order to stabilize it. This action is supported by both the United Nations and the African Union. However, the Sudanese government in particular has been resistant to having a U.N.-led peacekeeping force, preferring African troops to secure the region.

This and many other issues were discussed at a recent summit involving leaders of African nations in the region around Sudan. The main issue of this summit was how to bring peace to Darfur. Chad and the Central African Republic, in particular, wish for actions to be taken to resolve the conflict. A mixture of refugees, rebels, militants and bandits have crossed their borders from the unstable Darfur region.

“The talks tackled the main issue of the African mini-summit, which is how to widen the scope of the Abuja peace agreement to include all factions … to achieve peace and prevent any international intervention,” said Salehmain Awad, spokesman for Egypt’s president.

Another main issue discussed
JAZZ COMBO CONCERTS SWING

Those who missed the events on Nov. 27 and 28 might remember the jazz department from “Wonderful Town” several weeks ago. The jazz band successfully tackled the score of the musical, while looking chic in black boots. “It was a blast working with the theater department,” said Coyle who directed the ensemble. “It was such a great experience for these guys.” So, besides being in combos and adding flair to musicals, what does it mean to be a jazz musician at Hope? Students take the same basic music classes that the other music degrees require. They begin to add jazz classes to that foundation by the end of their second year. One aspect that the curriculum stresses is understanding the history and evolution of jazz. “Every jazz musician is standing on the shoulders of a multi-tude that came before them,” Coy says. During their four-year education at Hope, jazz students also compose their own work and develop their improvisation skills, both vital abilities in the jazz world. “A really great jazz musician can improvise and feel natural,” Coyle said. “The hardest hurdle there is, is getting over your inhibitions. Improvisation is like getting up on stage naked. The really inspired performances are those where the performer is really able to open up to the audience and the musicians around him.”

Katie Bennett

Opus Soup presents music, art, poetry
Nicholas Engel

A montage of creative works were presented in Opus Soup, held Tuesday, Nov. 28 at 9 p.m. in the Fried-Hemmen Auditorium.
The event kicked off the release of the Autumn 2006 volume of Opus, a literary magazine of student work compiled by Hope students for the general public. The editorial staff of Opus hosted the event.
Opus Soup sets aside a time for Hope students to share their souls through poetry, music, fiction and non-fiction. “These are good vibes!” Hope alumnus Kent Eady ’06 said, before giving a reading of a poem and a piece of fiction.
The biannual event, started last year, charges $7 for regular admission, $5 for Hope faculty and staff and $4 for students and are available at the DeVos Fieldhouse Ticket Office.
OVER THE RHINE TO PERFORM AT THE KNICK

Over the Rhine, an Ohio-based band, will perform in the Knickerbocker Theatre Monday, Dec. 4 at 8 p.m.
The band has released over a dozen albums, including “Ohio,” which has appeared on several top-10 lists in the U.S. and the United Kingdom. While the band began as a quartet, it has taken many forms over the years, finally centering around the husband-and-wife songwriting duo, Linford Detweiler and Karin Bergquist. Regular admission is $15. Student tickets are $5 with a Hope ID. They can be purchased at the DeVos Fieldhouse Ticket Office.

MUSIC DEPT. TO PRESENT CHRISTMAS VESPERS

A Hope College tradition for more than 60 years, Christmas Vespers will be presented Saturday day through Sunday, Dec. 2-3. The services will be held in Dimnent Memorial on Saturday, Dec. 2 at 3 p.m. and 8 p.m. and on Sunday, Dec. 3 at 2 p.m. and 4:30 p.m. All tickets have been purchased.
Participating groups will include Hope’s College Chorus, Chapel Choir and Symphonette. Also featured will be the chapel’s Chapel Choir and Symphonette. Included hope’s College Chorus, been distributed.
On Monday and Tuesday, Nov. 27 and 28, Wichers Audiorium rang with the vibrant sounds of Hope’s jazz program. The jazz combo concerts are one-semester events in which all the jazz combos perform. At Hope, jazz combos are chosen by audition every semester and the program usually has four or five at one time.
The combo concert runs the gamut from just barely beginning jazz musicians to jazz music majors,” said Brian Coyle, associate professor of music. “It’s a chance for students to really get to improvise and learn the standard repertoire.”

December Events

TUESDAY, DECEMBER 5
Sanita visits the Ketz
6:00-8:00 p.m.

WEDNESDAY, DECEMBER 6
Kletz Christmas Buffet
11:00 a.m. - 2:00 p.m.
$5.50 per plate

ALL MONTH
Buy a Pepsi product and get a can of tea to go as a gift. You could win a Sony PSP!

TUESDAY, DECEMBER 12
Drag Show at the Ketz
9:00-11:00 p.m.

WEDNESDAY, DECEMBER 13
DeVos Fieldhouse Ticket Office.

THEATER DEPARTMENT PRESENTS “TWO ROOMS”
The theater department’s production of “Two Rooms” opens Friday, Dec. 1 at 8 p.m. in the DeVitt Theater. Written by Lee Blessing, the Pulitzer-prize winning drama follows the lives of an American couple caught in the middle of world conflict. In the midst of Middle Eastern terror, Michael Wells is kidnapped and his wife Lainie is sent back to the states, where she fights for his release. Director John Tammi says that the department chose to present “Two Rooms” because of its contemporary relevance. The show will run Dec. 2 and Dec. 6-9. Tickets are $7 for regular admission, $5 for Hope faculty and staff and $4 for students and are available at the DeVos Fieldhouse Ticket Office.

ARRIVE TO READ IN REVISED VWS

Courtney Roberts

Arroyo will read in place of Cornelius Eady on Thursday, Nov. 30 as a part of the Jack Ridl Visiting Writers Series. Eady is recovering from prostate cancer surgery so the show was scheduled to be rescheduled. The show will take place on Nov. 27 and 28, Wichers Auditorium.

This year’s juror was Art Martin, exhibitions and senior staff member at the Knick. Martin’s exhibition debut was in the惩罚, “Crossing Arizona,” which appeared on several top-10 lists in the U.S. and the United Kingdom.

The biannual event, started last year, charges $7 for regular admission, $5 for Hope faculty and staff and $4 for students and are available at the DeVos Fieldhouse Ticket Office.
CITY DEBATES CIVIC CENTER FATE

Traditional location of Nykerk and former home of Hope basketball to be demolished or reconstructed based on recommendations

Jenny Cencer
Campus Editor

Holland’s 52-year-old Civic Center on the corner of 8th Street and Pine Avenue may be demolished or remodeled to construct a more functional space.

Phil Meyer, director of Community and Neighborhood Services for Holland told the Holland Sentinel, “There are problems with reusing the existing building. It doesn’t lend itself well to reuse for the sort of activities we are considering.”

Holland was on the threshold of approving renovation plans in 2002, but postponed a decision when the DeVos Fieldhouse project was announced. “The timing was good with the DeVos Fieldhouse; it created an opportunity to evaluate our needs,” Meyer said. “The focus will be community recreation uses and exhibition space.”

The Holland City Council formed a committee of residents, city officials and representatives from local organizations 19 months ago to once again analyze multiple uses for the Civic Center. In 2002, $100,000 was allotted to complete engineering and planning for the project and about $49,000 will now be used to assist the committee in their research.

City Manager Soren Wolff told the Holland Sentinel, “Once we get a stamp of approval from the public, we will do engineering studies… it will be relatively expensive whatever we decide to do; there is going to have to be some substantial investment.

Council will have to determine how to pay for it.”

Although Hope athletics are now played on the DeVos court, proceedings such as Nykerk and a wide variety of community events have traditionally been held in the Civic Center.

The Civic Center committee will also focus on how cost-effective renovation or rebuilding could be. Gray Gogolin, director of Leisure and Cultural Services for the city, told the Holland Sentinel, “Once we get a stamp of approval from the public, we will do engineering studies… it will be relatively expensive whatever we decide to do; there is going to have to be some substantial investment.

Council will have to determine how to pay for it.”

Congressional Corner

At the Nov. 21 meeting, Student Congress hosted guest Joshua Banner, minister of art and music, and discussed a new proposal, as well as listed topic ideas for an upcoming speaker series and met with group leaders.

Campus Ministries

Banner explained that it is difficult to incorporate traditional instruments such as the organ in chapel, since there are few musicians trained to play classical pieces in the chapel setting. Talks have been ongoing about creating a recording studio in the DeVitt basement and mixing in different musical aspects into services.

Matson Postal Service Proposal

Currently, incoming external mail goes through the campus mail room and then is taken to each dorm room on campus. This proposal suggests that the U.S. Postal Service should deliver all off-campus mail directly to residences. On-campus mail and package delivery would not be affected.

Speaker Series Task Force

Potential topics for the upcoming presentation by Michael Mandelbaum were discussed. The ideas that received the most votes were “America’s Role in the World,” “The Ideas that Conquered the World,” and “Global Challenges and Threats in the 21st Century.”

New Groups

The Ballet Club and Vet Club met with the ECAC. The Martial Arts Club was approved by vote.

Major

Continued from page 1

people’s lives at every level. They also tend to have an implicit vision of justice and a call to act to make this a more just world,” Dickie said.

Laura Stark (‘07) shares Blauw’s sentiment. “It has shaped how I view life—I’m more critical about things in pop culture and even life on Hope’s campus,” Stark said.

The Office of Career and College Services suggests various career paths a student with a women’s studies major can pursue, including: actor, advocate, business owner, counselor, journalist, librarian, lobbyist, police officer, teacher and youth pastor.

Darfur

Continued from page 2

400 citizens of Chad have died in clashes in eastern Chad, near Darfur. Because of the heightened violence, Chad’s government has voted to extend a state of emergency in their nation for six months. Leaders at the conference hope to lower the tensions between the two nations and return relations between them to a state of normalcy.

Over the Rhine

Monday, Dec 4 @ 8pm
Knickerbocker Theatre

Get your tickets for $5 with student id at the devos ticket office
Counseling Center staff offers ‘different styles’

Meaghan Lewis

Kristen Gray

As a unique chocolate and opera lover, Kristen Gray urges you to “try something different,” finding that “often students are stuck…stuck in bad relationships, stuck in a negative drinking pattern, stuck in the way they relate to their parents, stuck in their indecision about a major or career.”

“Counseling is a great place to make a change, and to do so with support and encouragement,” Gray said. She wants students to “try something different or new or even a little outrageous and dare to be healthy in the midst of old patterns.”

Bryan Bolea

Just as “you wouldn’t try to fix your hair without looking in a mirror—I know this for a fact because I see you checking your hair in the reflection on the Counseling Center windows—” Bolea said, “counseling is a mechanism that allows students to look at their own thoughts, emotions, and behaviors and, through that process, decide to make some changes.”

“It is impossible to answer the questions of ‘How am I going to be in the world?’ outside of the context of one’s own faith,” he said. Drawing inspiration from his daily life, Bolea recently “read in a cheesy calendar that maturity comes when you learn the volume knob also turns to the left.”

Ziyah Dock

“I do general counseling in all areas of personal growth and development, yet I am also a certified addiction counselor,” Ziyah Dock said. Dock’s philosophy is that “having spiritual, emotional and physical balance (will) help me live life to the fullest today,” she said.

Leigh Wendtland-O’Connor

The phrase “tomorrow always has the potential to be a better day,” guides Leigh Wendtland-O’Connor’s views on life. “(It) helps for realizing that most things resolve over time and may just look better in the morning (after the appropriate eight hours of sleep that I am sure all Hope students are getting),” she said. While working with students for reasons “ranging from ‘I am having a terrible, bad, awful no-good day’ to chronic mental illness, [‘No Problem Too Big or Too Small’ stands true],” Wendtland-O’Connor said, “our Counseling Center motto, ‘No Problem Too Big or Too Small’ stands true.”

“Counseling is a great place to make a change, and to do so with support and encouragement,” Gray said. She wants students to “try something different or new or even a little outrageous and dare to be healthy in the midst of old patterns.”

An introduction to seasonal affective disorder

Evelyn Daniel

Every winter, a number of mammals go into hibernation. After consuming as much food as possible, their metabolism and body temperature reduce dramatically and they sleep through the cold winter months, springing back to life when warmer weather arrives. As the Michigan winter approaches, Kristen Gray of Hope College’s Counseling Center says she sees students entering their own version of hibernation: seasonal affective disorder.

SAD, often called seasonal depression for its depression-like characteristics, occurs in areas with cold, dark winters. Students with the disorder find themselves craving sugary foods, feeling constantly fatigued and lethargic, and have difficulty enjoying life in the winter months. Relationships suffer because of irritability and a reluctance to spend time interacting with others.

“They’re sleeping more, as though they’d like to be in a cave with a blanket over their head,” Gray said. “Just like an animal in hibernation would be irritable if you woke it up, we see students as much more irritable. Depression is not just being sad; it has an irritable quality too.”

The first major sign of the disorder among college students, Gray said, is often a significant decline in the quality of their schoolwork. As grades slip, they recognize the need for change. “We see them when it begins to impact their academics,” Gray said. “They come in because they’re struggling to get to their classes.”

The lack of energy and motivation to attend class or spend time on coursework is compounded by the heavy workload that comes at the end of the semester. Classes that were new and exciting at the beginning of the academic year have become tedious and difficult.

According to the book “If You Think You Have Seasonal Affective Disorder,” by Clifford Taylor and Robin K. Levinson, 14 percent of Americans suffer from some form of “winter blues,” or subsyndromal seasonal affective disorder, while 6 percent have full-blown SAD.

Gray suggested three basic solutions to help bring students out of the slump that comes with SAD.

1. “The most helpful things sound very simple, but to those who have seasonal affective disorder, they’re very hard to do,” Gray said.

2. “Students who believe they suffer from SAD, she recommends trying to regulate sleeping patterns, sleeping eight hours at night and avoiding naps during the day. In addition, they should regulate their eating habits, from avoiding junk food to consuming more fruits and vegetables. Finally, they should try to include a simple form of exercise daily, such as a 20- to 30-minute walk outside.

The Counseling Center has a therapeutic light, imitating natural sunlight, available for student use anytime. Depending on the severity of the symptoms, students can also speak to a counselor or their physician for a diagnosis and for treatment options. Even the worst SAD does subside in the spring.

Gray stresses the importance of talking with others—favorite faculty members, friends, staff at the Counseling Center or Health Clinic, residential life staff members—in the recovery process. Above all, students should pay attention to their physical and emotional needs, no matter how busy they get.

“We have to remember that we live in a human body,” Gray said. “Sometimes students forget that. We have to take care of ourselves. We think we can function without sleep, with poor nutrition and without physical connections. When the end of the semester crunch comes, it’s easy to forget.”
Continued from page 2

Iraq

We can say we’ve barely got security,” said Hassan al-Sneid, a close advisor to Iraqi Prime Minister Nouri al-Maliki. “We have the weak security forces, lack of services, corruption, tribal revenge, terrorism and the speeches of fanatical clerics. They’re all partners in deteriorating security, of fanatical clerics. They’re all part of neighboring countries.”

“Baghdad is the epicenter, of course,” said Arakat, a spokesman for the U.N. in Iraq, said. “Meanwhile, Iraqi leaders have struggled to provide security for their civilians, which has caused the increased numbers of civilians who are fleeing the war zone.

“We’ve had over 200 people killed and over 250 were wounded following five car bombings and a mortar round in the public square of Baghdad.”

After perhaps the bloodiest week yet since the war began in March 2003, it does not appear that the war will have closure any time soon. This year seems only more and more blood will continue to be shed by Iraqi civilians and the men and women of our country’s military who are defending freedom.

In light of this, I bring you this news flash: activities are not the stuff of which a full life is made. I repeat: being “involved” is not the essence of life.

Now, I’m not suggesting that you quit everything—after all, sitting on your coach playing video games or surfing Facebook all day is also not the stuff of a full life. But over-involvement, being stressed and stretched and scheduled down to the minute, is equally unhealthy. Maybe it’s time to set down one or two of those balls you’re juggling, so you can focus on your real priorities, some of which may not be concrete and easily defined. I have found, in particular, that relationships, community and work are more important than tasks and resume-fillers.

As C.S. Lewis said, “Friendship is unnecessary, like philosophy, like art, like the universe itself (for God did not need to create). It has no survival value; rather it is one of those things that give value to survival.”

In its own way, sleep falls into this same category, and so I bring you a second, equally important announcement: sleep is not for the dead, or for the weak, or only for preschoolers at naptime. I’m not making this up. Lauren Winner, who will be visiting campus as part of January’s Veritas Forum, echoes and elaborates on these truths. Asked what one thing Christians can do to be countercultural for the common good, Winner replied, “Sleep.

“Sleep more; this may seem a curious answer,” Winner admits in her essay “Sleep Therapy.”

However, she continues, “A night of good sleep—a week, or month, or year of good sleep—also testifies to the basic Christian story of Creation. We are creatures, with bodies that are finite and contingent.”

Winner points out that the reason many of us cheat ourselves of needed rest is to work, to accomplish more things, to be more productive. The irony, of course, is that “although many of us trade sleep for productivity, we would actually be more productive if we slept more.”

When we’ve gotten good sleep, we are happier, nicer and healthier,” Winner writes. These seem like good goals. It comes down to trusting that things will keep going, without our awareness, our attention; without being perfect, or finished, or complete without “us.” It comes down to a recognition of our finitude and our legitimate physical and spiritual need for rest.

Yes, we are in college, and that means there are extra demands on our time. However, these years are not practice for the “real world”—they are our life. Now—not next year—next year from now—is time to think about our priorities and establish healthy habits for the rest of our lives. Think about those balls you’re juggling and please, for your own sake, put down the ones you don’t need! (For Winner’s complete essay, and others about being a countercultural Christian, visit www.christianvisionproject.com.)

Mackenzie loves taking napcons on Sunday afternoon while dreaming life in a beach house. “They’re so indulgent,” she said, regretting the lack of specificity in her pronoun.

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Pre-Thanksgiving chalkings offer opportunity for Christian reflection

To the Editor:

Hope’s sidewalks recently were the venue for a rather interesting debate. On the Monday before Thanksgiving, someone wrote chalk messages on the sidewalks, drawing Hope’s attention to the fact that, unlike the farm yards of yesterday, today’s turkeys are confined in small cages their entire lives. A little later a reaction appeared, “God gave us turkeys to eat - Give thanks.”

An interesting point-counterpoint. Both statements are true—neither is denying the other. But does one have more value than the other? I’ll argue that the first is more valuable. While the second is true, my guess is that few of us need any reminders to give thanks for our food. Most Americans are quick at receiving the bounty we have and then sincerely giving God thanks. The fact that we have a holiday day dedicated to it is testimony enough.

But speaking for myself, I have to admit that I am in more need of reminders that the bounty I enjoy often comes with a price tag; a cost not borne by me, but by others (often people, but in this case animals).

Is this too of interest to God? Is it possible that “the least of these” that Jesus refers to even includes animals? Hard to say, but it may be significant that this Jesus wanted to show God’s concern for all of creation, he chose to speak of a sparrow.

It’s hard in our modern society to be aware of all of the cruelties done to humans and other animals. One just doesn’t have the time to make every injustice a personal cause. But we can take the time—while walking to class—to become just a little bit better by reflecting on Jesus’s concerns as they come to us through others within our Hope community.

Tim Pennings
Professor of Mathematics

Antiphon

Stop juggling, start resting

Mackenzie Smith

You don’t get enough sleep—I’m willing to bet this is the case. In fact, I bet your best friend, your roommate and the guy you sit next to in culture Hall happily don’t get enough sleep either. As a confirmed caffeine addict who has an ongoing battle with her snooze button, I’m not immune to this sleep deprivation myself.

But this is just how the system works, right? During a recent all-nighter inspired by a take-home exam, one of my friends sighed, “So this is what college is supposed to be like.”

“No!” I want to shout, back to her and out to all of us. “Go home,” I want to announce in the Martha Hall computer lab at 1 a.m. every night. “Be realistic,” I want to tell the teachers who assign work as if their class is the center of the universe. And, finally, “Lay off!” I want to tell the Hope College Voices that preach at us to “Get involved!” from the moment orientation begins.

My new theory about Hope students is that we are all over-committed. Committed over the number of hours in a day, committed over the number of lines on this paper we use to write our to-do lists, committed over our heads.

Stop juggling, start resting.
VOICES

Eating Well

‘Knock it off Napoleon—just make yourself a dang quesadilla!’

Thea Neal

While Napoleon Dynamite’s grandma struggled with how to pronounce quesadillas, I assure you that they are quick to make and yield happy stomachs. On the most basic level, sprinkling some cheese in between two tortillas creates a quick snack or supper.

Combining a can of black beans and sweet potatoes in these hearty, grilled tortilla wraps has raised much skepticism amongst my fellow college eaters, and I must admit that I would never have thought of combining these ingredients on my own. However, it yields a striking flavor and color. Even my most hesitant friends here at Hope will request these quesadillas, and the recipe has been passed out to many a friend.

All the ingredients can be purchased at Mi Favorita (408 Columbia Ave.), a local Mexican grocery store just past Columbia Apartments. I use the 99-cent tortilla packs that are made locally on daily basis. Serve with a sliced up pineapple for a tasty Mexican meal.

Black Bean and Sweet Potato Quesadillas

Ingredients

- 1 teaspoon olive oil
- ½ cup diced yellow onion
- 1 clove garlic, finely chopped
- 1 teaspoon ground cumin
- 2 teaspoons water
- 1 cup peeled shredded sweet potato or yam (about ½ medium)
- ¼ cup black beans, rinsed and drained
- Salt and pepper
- 2 corn or wheat tortillas
- ¼ cup grated Monterey Jack or mozzarella cheese

Prepared Salsa

- 1 medium cooking tomato
diced and minced
- 1 jalapeño pepper
- 2 garlic cloves
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon kosher salt

Directions

1. Heat the oil in a medium skillet over medium heat. Add the onion and garlic and sauté for 3 minutes or until the onion is soft. Add the cumin and water and continue to sauté for 1 minute while stirring. Add the sweet potato and beans and stir; cover and cook for about 6 minutes or until the yam is tender but not mushy.

2. Remove the skillet from the heat. Season the dish with salt and pepper and put the sweet potato mixture in a small bowl. In a minute or two, when the skillet is cool enough to handle, wipe it clean with a paper towel.

3. Place the quesadilla in the skillet on medium heat. Spoon on half of the sweet potato mixture and sprinkle with half of the cheese. Cook the tortilla for about 3 seconds to soften, and then fold the tortilla in half and cook each side for about 2 minutes, until the cheese melts and the filling is warm. Repeat the process to make the second quesadilla. Serve with prepared salsa.

To the Editor:

Upon my return from my Thanksgiving break on Saturday, I found that my dry-erase board had been vandalized during my absence. I realized that I had been attacked because I am an African-American female last year. Therefore, after serious thoughts, I have reached the following conclusion.

I have been attacked because either someone hates that I am a proud outspoken Palestinian, or because of my personality. My personality in the end is based and shaped by a lot of factors, one of which is my Palestinian nationality. Therefore, after serious consideration, I believe that I have been attacked because I am a Palestinian. I did not stop being a Palestinian even when a rifle was pointed to my face, and I will not stop because of this remark.

I address every member of the Hope College Community, to report to Campus Safety and me any information they have in regards to this incident, so as this racist individual or group will face the appropriate consequences imposed by Hope College’s judicial system.

To say the least, this incident and every other one, in which the international community is attacked, degrades the level of the American society and destroys its human face. This act is an act of infidelity to the teachings of Christ, and to the mission of Hope College. This act is making Hope College an insecure place for internationals to live in peace, and is destroying the diversity of nationalities and races on campus.

I also address the racist and challenge this individual to confront me, regardless of their weight, height, sex or race. If you have something against me, be brave enough to say it to my face, not to my back.

Beware of what is happening in your surroundings.

George Philip Khoury (~09)

Student encourages action after ‘racist remark’ incident

Auditions for spring 2007 semester.

All ad and classified requests must be submitted by 5 p.m. Monday, prior to Wednesday distribution.

Contact Information: To submit an ad or a classified, or to request a brochure or other information, contact our Ads Manager at anchorads@hope.edu. To contact our office, call our office at (616) 396-7877 on weekdays between 10:00 a.m. and 4:30 p.m.
BEHIND STRONG LEADERS: SENIOR CAPTAINS SHOW THE WAY

Men’s basketball preview

Nick Hinkle

The Dutchmen are eager to begin this season. VanWieren said, “It’s important for this team to prove to them that we can play.”

The U.S. Korfball team is working hard to improve for this season’s trip to the world and to prove to them that we can play,” said Kate Madison (‘08).

Emily Westrate

The team is excited for the approaching World Cup and serious about giving all their effort. Coach Wolters has put in a lot of time and effort to make sure that we are working hard. She has organized all of this for us and without her none of us would have gotten this sweet opportunity,” Amanda Guijarro (‘08) said.

The Dutchmen are eager to begin this season. VanWieren said, “It’s important for this team to prove to them that we can play.”

VanWieren said, “They are all good athletes and have all played on winning teams this summer. They have learned a lot to get where they are right now.”

Cramer is one Hope player who worked hard this summer on particular parts of his game. “This summer I continued to work on my outside shot, but most importantly, I’m trying to be more of a creator out on floor than I have been in the past,” Cramer said. “By getting everyone involved we will be harder to beat.”

With its strong leadership and off-season preparation, the Dutchmen faced its first test at the Select Bank Hall of Fame Classic, which this year featured Cornerstone (80-76) and Carthage in its second tournament championship. The tournament hosted some of the finest teams and the title comes with bragging rights, VanWieren said.

Following the Select Bank Classic, the Dutch will face Carthage in its second tournament of the year on Dec. 1. “Those games are really high-level senior games for us,” VanWieren said. “We will be trying to get in and move into a rhythm throughout the game and find weaknesses.”

During the first few games of the season, the team will be keeping things simple and using their off-season training to win. “We will play hard, have fun and play one game at a time,” VanWieren said.

In addition to taking games one at a time, players will focus on each and every practice to improve. “Our main goal is just to improve upon something each day, even if it is just one thing,” Cramer said. “If we continue to improve as the year goes on and peak at the right time, we can beat anyone.”

In addition to experienced players, the team also enters this season with one of the most experienced coaches in the MIAA. This year, VanWieren enters his 30th season as head coach for Hope.

The U.S. Korfball team is working hard to improve for this season’s trip to the world and to prove to them that we can play.”

Kate Madison (‘08) said, “I want to walk away from the (World Cup) proving that the U.S. does deserve a spot in the korfball world and to prove to them that we can play.”

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