Flasher arrested in VanZoeren

Former victim aids in apprehension of indecent trespasser

Andrew Kleczek

Sister Bertran

Hope College’s Public Safety arrested a man on two charges of indecent exposure at approximately 6 p.m. Monday, October 30, in VanZoeren Hall.

According to Mike Lafata, public safety patrol sergeant the alleged flasher - who has no connection to Hope College - had been sighted on campus since June. The alleged events took place in the first floor women’s room of VanZoeren Hall near the computer labs.

One of the perpetrator’s victims helped to arrest him, as she spotted him entering the women’s rest room. She immediately called Public Safety.

“It if wasn’t for the victim helping us we would have probably missed him by about two minutes,” Lafata said. “It just shows how our job is very difficult without the help of students.”

Lafata speculated that the man could receive anywhere from 30 days to 1 year in jail. However, he also mentioned that it’s difficult to say what the court will do.

“He may do some time, he may not.” Lafata said. “If he did some time it may be 30 days in the county jail. He could serve up to one year, but that’s unusual.”

According to Lafata, the man is more ARREST on 2

May term class to travel to Cuba

Miguel De La Torre to lead first ever Hope College trip to Cuba

Miguel Krigbaum

Sister Bertran

Each year, many Hope College students travel around the world for May Term. Students travel to Ireland, Spain, Greece, Mexico, India and many other locations to study. This year students will have the opportunity to go to a place most Americans have never been, Cuba.

“Anyone can go to Cuba for academic research and study,” said Miguel De La Torre, professor of religion and leader of the trip.

Although sponsored by the religion department, there is tremendous flexibility in the trip as it will encompass many disciplines of study. Students will have the opportunity to meet with economists, political scientists, and the Cuban Council of Churches.

The agenda for this eighteen day trip is a comparison of previous agendas by professors from other colleges, and weeks of research about Cuba by De La Torre on the internet. The agenda primarily focuses on the religious aspects of Cuba, but will also explore Cuban culture more CUBA on 2

Physics professor wins national research award

American Physical Society recognizes his work

Matt Cook

Corner Box Citizen

Paul DeWeaver, professor of physics, researches the nucleus of helium 6 because he says it looks like a moldy orange.

“It’s pretty fuzzy around the edges,” DeYoung said.

DeYoung was recently awarded for his research, as the 2001 recipient of the Prize to a Faculty Member for Research in an Undergraduate Institution from the American Physical Society. Only one professor in the country can receive the award.

“It’s the best prize you can get for this work,” DeYoung said. However, DeYoung stressed that the award should not recognize him alone.

“I got the award, but what I do is no different from what nearly everybody else in the natural sciences department does,” DeYoung said.

“I just supervise, I give directions, but all of the work is done by the students,” DeYoung said.

DeYoung said. Research also has its advantages for students.

“It’s the difference between taking driver’s ed and actually driving,” DeYoung said. “From the students’ point of view, it is essential to what this field is really like.”

According to DeYoung, research exposes students to different skills than the classroom, such as dealing with less-than-perfect data.

“The most important part of this is that it’s an indispensable part of the undergraduate college experience,” DeYoung said. “It helps him in contact with the broader science community, and it keeps him engaged with physics.

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Veritas forum to explore truth

Forum looks at Christianity in post-modern culture
Matt Cook
Campus Beat Editor

Distribution of reading material and a discussion of sexuality are only the beginning of the Hope Veritas Forum, which will take place January 11 to 13, 2001.

According to the mission statement, the Veritas Forum exists to encourage the Hope College community to explore the possibility of truth in relation to the person and teachings of Jesus Christ.

"It's meant to be an exploration on the part of people who are seriously interested in the possibility of truth to find out if there is that, and to find out whether truth is a person, Jesus Christ," said Marc Baer, professor of history, and one of the organizers of the forum.

The Veritas Forum has been held twice before at Hope. In 1997 the focus was on science, and 1999's Louis Esset focused on the arts. This year, the topic is Christianity in Post-Modern Culture.

"In postmodern thinking, nothing is truer than anything else. There isn't any absolute," said James Herrick, professor of communication, and also an organizer.

The Veritas Forum has its roots in secular universities, originating at Harvard and named after the university's motto.

"Cherish people on these university campuses wanted to promote people to think about the possibility that something actually is more true than in a temporary or subjective fashion," Herrick said.

Baer brought the idea to Hope after meeting Veritas founder Kelly Monn in Harvard chaplaincy.

"I thought it was an idea whose time had come," Baer said.

The Veritas Forum will consist of several speakers on topics ranging from film to sexuality. There will also be a concert by the group Over the Rhine.

"We try to find speakers, panel participants and performers who are of the highest-quality possible," Baer said.

All the speakers will address their topic as Christians.

"The speakers do all come from pretty much the same perspective on Christianity. They could all be classified as evangelical Christians," Herrick said.

However, according to Herrick, the speakers will not be preaching to their audiences.

"It is intended to be open enough to allow people to think it through and ask questions," Herrick said.

The main goal of the planners is to engage students in the forum. There will be a student art show held in conjunction, as well as a special edition of Opus with student writings on the topic.

Also, several students are helping in the planning and publicity phases.

"It would not be possible to pull it off if there were not a huge involvement of students," Baer said.

Speakers will include film critic Sharan Gallagher, author and theologian Marva Dawn, and Cambridge theologian Jeremy Begbie.

Joel Tannis ('89), an alumni helpchair, said he had already started, and according to Baer, follow-up discussions will extend through the spring.

"We're trying to get the word out for people to trust us that these are things worth going to," Tannis said.

The Veritas Forum is not concerned to January. Discussions of Marva Dawn's book on sexuality have already started, and according to Baer, follow-up discussions will extend through the spring.

"We're trying to get the word out for people to trust us that these are things worth going to," Tannis said.

New signs don't work yet

Electronic signs cost $500 each
Megan Krigbaum
Sports Reporting

Three electronic scrolling signs purchased by Student Congress with money from the student activity fee, have yet to display anything other than the factory-set demonstration display. The signs cost $500 each.

These signs have been the topic of many discussions among students, especially since they have not yet been programmed.

"I think they're annoying," said Justin Kribs ('04). "They don't say anything and just tell what they can do over and over again, like grow and flip."

The features of the signs are continually shown, including one screen that tells students to "pitch in," and shows a piece of trash going into a garbage can.

"I think it's stupid if they're not going to use them," said DeAnn Maynard ('02).

Other students have expressed concerns about the worth of the signs on campus and the amount of student funding used to buy them.

"I think they are a good example of something they're wasting our money on. No one is using them, times suspicious person reports were made.

Most of the incidents took place around 6 p.m., indicating it may have been the same person. Public Safety responded to the re-

ports by increasing patrols in the area.

Laflin believes the area may have appeared attractive to the perpetr-

tor because of its lack of faculty and high number of students.

PHYSICS from 1

Laboratory at Michigan State at the University of Notre Dame, and Lawrence Berkeley Laboratory in California.

He said that his work is just part of a focus on undergraduate research that he has been growing at hope for the past 30 years.

"I just came along at the right time," DeYoung said.

Steel Pier starts this Friday. Get your tickets now at the ticket office in DeWitt.

Nov. 10, 11, 15-18 p.m.
$7 adults
$5 faculty/staff
$4 students

in the DeWitt Studio Theater

ELECTION DAY: Tuesday night in the Kletz, Henna Kahn ('04) and Mike Doema ('04) await the results of one of the closest presidential elections in history.

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Student art featured

Emily Moellman
Ann Arbor

Although the venue is an unlikely place to find student art, the walls of Van Zoeren have been embellished with the art work of Hope students this month in the annual Midwinter Student Art Show.

The Student Art Show opened on Wednesday, November 1 and is located in the Midwinter Hall of the Business Department in Van Zoeren. The show features the work of eight Hope College students.

The dedication was to Tony Midwinter,舉ited Hope's Professor of Management, who was a supporter of the arts. The works on display were chosen by Professors Tracy Bolo and Robin M. Kay of the Business Department.

"The dedication allows us to remember Tony and his many contributions to the department and the arts, in addition to support student art work," Bolo said. "The idea was generated by Robin Kay to use the empty hall space to display art work of students. I assisted Robin in the selection process, which was to wander around DePree and speak with students whose work we enjoyed."

Displayed in the exhibit is the work of Jenna Anderson ('02), David Bethaneshmel ('03), Barbara Baker ('03), Chris Cecil ('03), Lauren Hermes ('02), Janet Miller ('01), Craig Preston ('04) and Jeff Wilcox ('01).

The exhibit features many different mediums of art that can be placed on a wall, such as oil paintings, photographs and prints. The exhibit also has a wide range of themes presented through its art, including religion, feminism, and the beauty found in other countries.

"The exhibition is an opportunity for students to explore the beauty found in other countries, including religion, feminism, and the beauty found in other countries," Midwinter said.

"The greatest contribution that our efforts will be in other departments, finding themselves inspired to sponsor such shows in the more public hallways of our campus," Kay said.

"[Together] we will be promoting the work of Hope students and introducing them to alumni," Bolo said. "The goal is to encourage alumni to purchase the works of Hope students and support the arts."

Combined concert reflects talent

Emily Moellman
Ann Arbor

This Friday, Dimnent Chapel will be filled with the sounds of two musical groups from Hope College: Winds Symphony and Orchestra. On Nov. 10, at 7 p.m. the Winds Symphony, directed by Hope music professor Steven Ward, and Orchestra, directed by Hope music professor Richard Pippin, will combine the talents of 140 students to give a performance open and free to the public.

The Winds Symphony is a large performance group consisting of 60 wind, and non-music, majors. The symphony typically plays symphonic band literature and chamber music for winds and percussion.

This year, Winds Symphony is looking forward to traveling to Calvin College to perform the first ever joint Hope and Calvin concert with the Calvin Band. That concert is on Tues., Nov. 21 at 7 p.m. at Calvin College.

The Winds Symphony will be performing three pieces by American composers: "Tempersello" by Charles Reich-Young, "Commando March" by Samuel Barber, and "Lincoln Portrait" by Aaron Copland, as well as a chamber piece by Rodrigo. President Ballman will come up on stage with the symphony to narrate "Lincoln's Portrait".

According to Ward, the Winds Symphony is very excited that President Ballman will be joining them in performance and it will be a highlight of the evening. The Orchestra will be performing "Light Cavalry Overture" by Franz Von Suppe and "Tchaikovsky's Swan Lake Ballet Suite" featuring the famous "Pas De Deux".

The "Swan Lake Ballet Suite" will feature Jenny Wallsford ('02) as a soloist on violin and Brandon Cota ('02) as a soloist on cello and faculty member, Lorraine Alberts, playing the harp in the famous "Pas De Deux".

As described by Pippin, "Light Cavalry Overture" begins with a fanfare of brass, progresses to a middle section of intense string work, and concludes with the romping horses and soldiers off to battle.

This will be the second performance of the year for the Orchestra. This year the Orchestra will also be performing their annual Christmas Concert at the Kollen Center in December and more CONCERT on B

"Steel Pier" looks back to the 1930s

Abby Rogers
Staff Reporter

"Steel Pier", Hope College Theater Department's second play of the year, will open Friday November 10 at 7:30 p.m. on the mainstage in DeWitt.

"Steel Pier" is set in Atlantic City in the midst of the dance marathon craze of the 1930's during the Great Depression.

The cast questioned the validity of a show that dealt with a dance marathon. But after experiencing the socio-economic oppression of Americans in the past World War I era, I've decided that this is profoundly representative of the American struggle. And also, I like the part where they dance in their underwear," said Jeremy Lyde ('02), cast member.

According to director Donna Robbins, "Steel Pier" is different from other musicals in that it is "perhaps a bit darker than we are accustomed to in musical theater." The rehearsal schedule for "Steel Pier" has been intense, with long hours on many nights for the last weeks. I've been in quite a few plays, and this show by far has had the most energy in the cast," said Dan Kwiatkowski ('04).

The cast claims there has been a lot of singing, and Robbins credits her choreographer John Dayger with playing a major role in helping to keep the group's positive spirit. "The group has been able to learn all the dancing. That's taken up the majority of the time. It's amazing how wonderfully a show can come together in the final weeks," said cast member Tim Heck ('04).

"Steel Pier" was chosen by the theater committee due to the recent public interest in swing dancing, the big band sound, and the popularity of Dance Marathon on Hope's campus last year.

"[All these factors] seemed to point to this musical as potentially fun for our students and fun for our audiences," said Robbins. The theater department presents a big musical every other year, and this year was the year for one.

Performance dates are November 10 and 11, and November 15-18. All performances begin at 8 p.m., with the exception of the tenth, which starts at 5. Tickets are $5 for faculty and $4 for students. Tickets are available in the office in DeWitt's theatre lobby from 10 a.m. to 5 p.m. Monday through Friday and Saturdays from noon to 5. The ticket office can be reached at (616) 395-7890.

"It's a long time of work and commitment but it has definitely been worth it. I think the finished product will show that," said cast member Quincy T. Murt ('02).

What's up?

Nightlife:


Diversions: Sun., Mon., Wed., Fri. at 11 p.m. 10 Fountain NW, Grand Rapids. 451-3800.

The Grotto: Thurs., College nights. 2510 Burton SE. 956-9790.


Soul Centre Cafe: Sat., dancing. 1101 CentrePoint Church. Snacks, coffee, and Christian theme live music. 52 suggested donation. 2035 28th St., Grand Rapids. 248-8307.

Arts at Hope:
Sie Jivin/Javan. Nov. 9-11 p.m. in the Klett. Coffee and non-coffee drinks.

Jazz Nite at the Klett. Every Thursday 7:30-9:30.

"Masonic Musical" at the DeVos Mainstage on Nov. 10-11 & 15-18 at 8 p.m. except Nov. 10 which starts at 9 p.m. Tickets are $5 for faculty and $4 for students.

Nykirk. Nov. 11 at 8 p.m. in the Holland Civic Center. Free.

Concerts:
11/18 DJ Bliss/Hydro. Intersection Grand Rapids.
Opinion

There’s a lot to talk about this week at Hope College. A strange man hiding in the women’s bathroom in Van Zeeren was apprehended by one of his victims and arrested for indecent exposure. The signs that Student Congress paid $500 each for have been diligently displayed by students, deciding to correct the problem of noise in the campus. The signs are not perfect, but who is talking about that? A Physics Professor won a national award for his research, and the volleyball team is on track to a successful season. These are all big issues, and they will all be discussed on Hope’s campus.

Our voice

Letters to the Editor:

To the Editor.

We are writing in response to a very disturbing instance that took place Oct. 30th surrounding the Painted Shirt Project sponsored by C.A.A.R.E. and C.W.I.T., as well as the sign-ups for the Spring Break Mission Trips. We feel it is important for us to express our disgust in a group of women who love Hope College and belong to an organization that is made up of concerned students. As an organization, we each attended the Clothesline Project in an effort to support the stand that violence against women is wrong and unacceptable, not only here at Hope College but in the world in general. We were very upset to find that others on this campus don’t feel this way. While viewing the question written presentation, we couldn’t help but overhear the laughter and joking of those waiting in line to sign-up for a spot on a Mission Trip. While we were reading the pain of beaten women, laughter and name-calling was ringing in our ears. It was very disappointing to realize that the very people who’s disrespect for this serious topic rang in our ears, were waiting to dedicate a week of their life to possibly help women and children such as the T-shirts represented. After leaving the room that was designated for silent reflection, we made our way precariously through the waiting students and exited out the doors. While only a few steps away from the already disappointing situation, we were struck with another blow from our fellow students. Two Hope College men were walking in front of us crudely making jokes about the topic of women and rape. They mockingly stated “Ohh, I was raped, how horrible.” As a group of college women we know what it is like to be afraid to walk alone at night, to always carry pepper spray or strategically place your keys. We also know what it is to take self-defense classes out of necessity as opposed to fun activities. It bothers us that even on Hope’s campus women are not safe, that even on Hope’s campus women are treated as if it were a simple joke. Sexual assault and date rape is a real topic, it has happened to many students not only in Holland but on Hope’s campus. We can look back and be disgusted by the disrespect we experienced, however what would it be like for a woman who has survived a tragedy that tips so deeply into the soul to have walked where we walked? How would it be for someone who has suffered so intensely to experience the “humor” that we experienced? Hope College, date rape happens to people and we as students should not even know it. The woman walking behind you could be your sister, your girlfriend, your mother...she could be a survivor.

The Kappa Delta Chi Sorority

Wasting food a poor choice, says student

To the Editor,

Every time I sit down at Phelps to eat, I try to make sure that I finish all the food on my plate. Why? As a Christian, I believe it is my duty (and the duty of other Christians) to use God’s resources wisely. In fact, I think it is wrong to take a huge helping of food and then to toss it in the trash with the pitiful excuse of “But I’m full.” Solution: take less food. I have witnessed this at other cafeterias too, people discarding large amounts of food on a daily, weekly, monthly, and yearly basis. If everyone would take what they eat, and eat what they take, think how much less food would be thrown away. In America, we have been overly blessed with a variety and an abundance of delicious food. Most people have grown accustomed to having plenty that they forget that they are among the blessed people of the world who enjoy luxuries such as meat, vegetables, or dessert. Growing up in foreign countries, I consider the same thing almost every meal. For some people, the idea of finishing your food is not only about conserving food, but is more about ethics. If the homeless in America could buy a $100 bill in front of you and began to burn it, would you consider it a wasteful lunatic? Yet over the course of time, people waste more food away every single day. In John chapter 6, Jesus sets a standard in not being wasteful. After he fed five thousand people, Jesus says to his disciples “Gather the pieces left over; let us not waste a bit” (John 6:13). I can’t think of any good reasons to throw food away, can you? Next time you eat, question your reasoning for tossing away what’s on your plate.

Michele Holden ’04

The Anchor works to balance its coverage of the news between these two extremes, covering both the hard news, and the special interest stories. And the Anchor hopes that you, the reader, try hard to fulfill your end of the media relationship, and pay attention to both the controversial and the feature news at Hope. All the news is beneficial, be it good or bad. It all goes to make the reader a more thoughtfully informed person, and that is what everyone should strive to be.

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Feeling the heat: coping with burnout

Jane Bast

Term papers, exams, presentations and group projects. Meetings, committees, performances and deadlines. As the semester reaches its final weeks, Hope students face increased pressure while they watch their free time slowly slip away.

"I'm feeling burnout," said Darin Vroon (91). "I tried to do homework yesterday and I couldn't. I couldn't sit in one place and look at a book anymore."

Vroon isn't alone. For students like Vroon, who are involved in academic and extra-curricular activities, constant business and pressure can lead to burnout.

"I can't sit quietly and study without thinking about all the other stuff I have to do," said Katie Paarlberg (92). "Every time I cross something off the to-do list, something new pops up. There's no end."

Aside from academics, Paarlberg is the President of R.I.S.E. (Religion in Spiritual Expression), the editor of the Millstone, a member of W.I.O. (Women's Issues Organization), a C.A.A.R.E. educator, and is organizing a protest against the School of the Americas.

Vroon is a member of the leadership teams for the Association of Computing Machines and Computer Science Honors, he plays in the Jazz Band, is a member of the top Jazz Combo, is the Internet secretary for R.I.S.E, and has been preparing to take his C.R.E exam.

While both acknowledge that they are busy, neither Paarlberg nor Vroon see cutting back as an option.

"As college students, we're taught not to say no," Paarlberg said. "We're told that we're being presented with these great opportunities and the mentality is that we only have four years to decide what to do with the rest of your lives. You want to try everything to narrow it down."

"It's not only extra-curricular activities which weigh students down. Academics can also increase pressure."

"The classes are getting harder and taking more commitment," Vroon said. "That leaves me with less time to do a grad school search. There's so much pressure to decide everything about your life in college; what you're going to do, who you are. It's all put on you at once."

Neither Paarlberg nor Vroon think time management is the problem.

"It doesn't matter how well you manage your time if there are only 24 hours in your day," Paarlberg said. "My parents told me last week that if I wasn't getting my responsibilities done 100%, then I must not be managing my time correctly."

Vroon agrees.

"If I manage my time so well that I get everything done, then I have no time to relax," Vroon said. "That leads to burnout."

Burnout or frustration?

For Jackie Heisler, Director of the Academic Support Center, cases of burnout are less common than cases of academic frustration.

"More students come in feeling frustrated," Heisler said. "We do see burnout in older students. Four years of intensive study can lead to burnout. But for first year students, rather than burnout, experience the speed of the semester. That's a real learning experience."

First year students may not be used to the fast pace of college academics and can occasionally make choices which are not in line with their academic goals.

"Students make choices," Heisler said. "If you choose to do one thing that is not involved in your academic success, there will be a cost. It's not a matter of time. It's how you use the time."

Students who choose to procrastinate may find themselves buried under a mountain of work, a problem that could be fixed by smart planning.

"A lot of students have trouble getting started," Heisler said. "If you did a little bit of work for every course everyday, you'd never have to worry about getting started."

For students struggling to manage homework, Heisler offers a few suggestions.

"We tell students to get started in small chunks," Heisler said. "Spend 15 minutes reading class notes from the previous day. For some students, we suggest they do their least favorite subjects first.

Coping with stress

Kristen Gray, Director of Counseling, feels that students react to burnout in similar ways to how they react to symptoms of stress and depression.

"I think that 95% to 99% of what we see has stress as a component," Gray said. "As stress levels go up, everything gets more difficult. It's harder to be in relationships when you're stressed out, it's harder to write a good paper, and it's easier to use destructive patterns for coping. Things like drinking to numb out. It's a negative pattern that only makes things worse."

Gray believes that students can relieve the stress if they learn to limit their activities.

"Students have to learn time management and how to say no," Gray said. "Too often students say 'no problem' instead of no. Maybe students should be focusing on one leadership position. Maybe you'll have to miss an activity you planned. It's not very glamorous to say you ought to spend your evenings studying if you need that time, but that's the reality of being a student."

Students can save their sanity and lower their stress level, by managing their time and planning accordingly for classes.

"You've got a syllabus for every class, and it seems to me that students ought to look at those and set realistic expectations for themselves," Gray said. "College expectations are the reality of being a student."

Students struggling to manage homework, Heisler offers a few suggestions.

For students needing additional help coping with stress, the Counseling Center will offer guided relaxation sessions every afternoon starting Nov. 13 from 4:30 p.m. to 5 p.m.

Emergency Burnout Solutions:

1. Stop driving from one end of campus to the other for your classes. Walk instead. It's an easy way to get exercise in the middle of your day.
2. Eat balanced meals. Watch your caffeine and sugar intake.
3. Spend 15 minutes a day by yourself either in prayer, writing in a journal, or being quiet—no talking.
4. Set a consistent bedtime and stick with it. Make sure you get more than six hours of deep sleep.
5. Update and use your planner.

The Counseling Center will present a brief presentation and discussion on coping with grief on Tuesday, November 14th at 7:00 P.M.

The focus will be on the nature of grief as it relates to the loss of a parent or sibling.

If you are interested in attending, please call the Counseling Center at 784-545. The meeting will be held in the Counseling Center meeting room (first floor of DeWitt)

We are respectfully asking that faculty not assign this as a classroom assignment so that the students who are experiencing this loss can focus on this difficult issue.

Sarah Calmes (03)

"Yes. I feel I have a lot, and I feel like I don't have the opportunity to participate in a lot of things."

"No. I don't feel like I have too much homework, but that's a part of the college experience."

"Four years of intensive study can lead to burnout. But for first year students, rather than burnout, experience the speed of the semester. That's a real learning experience."

"I don't know if it's the teachers fault, or if I put too much pressure on myself, but I have too much homework."

Kendall Slack (04)

"I think I've overworked, but that's part of the college experience."

"No. I don't have any homework. I'm completely lazy and I don't get stressed."

"No, not at all. I don't have any homework. I definitely work hard and I don't get stressed."

April King (02)

"I don't feel like I have too much pressure on myself, but I have too much homework."

"We tell students to get started in small chunks," Heisler said. "Spend 15 minutes reading class notes from the previous day. For some students, we suggest they do their least favorite subjects first."

Kristen Gray, Director of the Academic Support Center, feels that students react to burnout in similar ways to how they react to symptoms of stress and depression.

"I think that 95% to 99% of what we see has stress as a component," Gray said. "As stress levels go up, everything gets more difficult. It's harder to be in relationships when you're stressed out, it's harder to write a good paper, and it's easier to use destructive patterns for coping. Things like drinking to numb out. It's a negative pattern that only makes things worse."

Gray believes that students can relieve the stress if they learn to limit their activities.

"Students have to learn time management and how to say no," Gray said. "Too often students say 'no problem' instead of no. Maybe students should be focusing on one leadership position. Maybe you'll have to miss an activity you planned. It's not very glamorous to say you ought to spend your evenings studying if you need that time, but that's the reality of being a student."

Students can save their sanity and lower their stress level, by managing their time and planning accordingly for classes.

"You've got a syllabus for every class, and it seems to me that students ought to look at those and set realistic expectations for themselves," Gray said. "College expectations are the reality of being a student."

Students struggling to manage homework, Heisler offers a few suggestions.

For students needing additional help coping with stress, the Counseling Center will offer guided relaxation sessions every afternoon starting Nov. 13 from 4:30 p.m. to 5 p.m.

Emergency Burnout Solutions:

1. Stop driving from one end of campus to the other for your classes. Walk instead. It's an easy way to get exercise in the middle of your day.
2. Eat balanced meals. Watch your caffeine and sugar intake.
3. Spend 15 minutes a day by yourself either in prayer, writing in a journal, or being quiet—no talking.
4. Set a consistent bedtime and stick with it. Make sure you get more than six hours of deep sleep.
5. Update and use your planner.

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Under the roof of politics: one room, split views

History professor publishes a mystery novel

History Professor
Albert Bell publishes his first mystery, "Kill Her Again."

Danielle Koski
Spotlight editor

"I'll help you," her visitor said tenderly, stepping behind her. But when the bunched-up skirt slipped over her head. It stopped around her throat, twisting, tightening, choking her, until she staggered and went limp. Her glass shattered on the terrace. Her attacker discarded the shirt, picked her up, like a groom lifting his bride over the threshold, and carried her down the steps and into the car. "I'm sorry," he said, "I didn't mean to." But the passenger side was still open. Bell visited Italy in the '80s and found it could be a good setting. He also found his leading lady in the poet Ovid's Corinna. "This is how the prologue of the mystery novel "Kill Her Again" concludes. The novel is the latest book by Albert Bell, professor of history. "Kill Her Again" is Bell's first mystery novel. He has written other books including "Exploring the New Testament World," a children's book called "The Case of the Lonely Grave," and a historical fiction work called "Daughter of Lazarus." According to Bell, he wanted to write a mystery because he has always liked to read them. "I've been reading mysteries since the Hardy Boys," said Bell. According to Phelan, the wing is rather political, but as a Democrat, he's in the minority. "There are only two other Democrats on this wing," Phelan said. Korel and Phelan also had signs on their room door, but the politics of the hall made some disappear. "I used to have signs I made for Gore (up on the door) but people took them down," Phelan said. The ones that stayed, though, didn't escape untouched. "People walk by and randomly deface them," Korel said. Korel and Phelan also had signs on their room doors. Neither has a close friendship despite their different views. "I hate politics," said Stone, who chose to support Gore because her family does. "Hillary couldn't support me otherwise," Stone said. Bell found it very hard to publish his book. "I tried for several years," Bell said. "It is very difficult for a new writer, unless you can get on Oprah to read your book. I went online to find a publisher." "Kill Her Again" is planned as the first book in a four-part series. The next book is called "You've Got Blackmail" and is due out in the summer of '01. There are excerpts of "Kill Her Again" and information about Bell's other books at www.alberlbell.com.

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Ambiguity. It is not a good thing in an assignment, but it is by far an underestimated thing. Some things in life, I am convinced, are just best if they are left ambiguous. A friend once told me her plan to get through college was to push forward in her career until she could no longer go forward. And that would be that. The part of me that has worked for hard and has built up for twenty years those few securities that I have managed to grab onto and make stable in my life just can't accept this. The greatest ambiguity in everyone's life is where life is leading them. Instead of letting life remain in its beautiful ambiguous foggy state, we try to force it, by researching some god's schools, I don't recommend it. I found out exactly where I am and that only leads to depression. The biggest lie in life is that everything must mean something. It must. Or at least that is what we hear over and over again in college. We come to college to learn to analyze and critique everything there is—data, writing, documents. We learn great skills, but we take them too far. We forget that some things, like friendship, are better when they are left unraveled. I am guilty of taking this analyzing thing too far. In more than one paper I have been told that I may see more things in something than are really there. As an English major, isn't that what I am supposed to do? Learning to analyze and persuade quickly isn't a bad talent; TV has an endless number of channels and therefore, endless number of thirty-second spots. And we all come to college to learn how to do it. There's always employment for those who can analyze well. But there's little joy. The most beautiful things are those which we can't understand. And the happiest parts of life are the parts that have meaning but little motive behind them. We do them because they can have meaning and not have reason. They are the closest thing we can get to freedom from the world: freedom from order, from measurements, from rationality.

Every time I see a sunset, I don't wonder where it came from. I enjoy it. Asking takes away from what it really is. Yes, I have spent twenty years building securities, and I would like to feel they are rooted a little deeper into the present.

But giving my future over to ambiguity is the best thing for anyone can do. There is happiness in this foggy cloud. And a beauty. Who knows why the red of the sunset bleeds into the calm view of the coming evening? Just enjoy it for the undefined thing it is.
kt, ari, pita, callster- let's hold a dance recital sometime this weekend. Shaft should be shared with everyone, -jane

free murnia

Big Tall Dan - the application was amazing, because it seems tough to write on that surface, -your coaches

M- I haven't seen much of you, kid. Come say hi sometime. -A

Vanderprov Kids - Interested in a Vanderprov T-shirt? With enough interest, we'll order and sell them at cost ($10 to $12, we guess). E-mail V-prov at vanderprov@yahoo.com with a name and size so we know how many to order.

Parent's Weekend 2000
Schedule of Events and Activities
FRIDAY, NOVEMBER 10
Chapel Worship Service, Dimnent Chapel David Bast, President and Broadcast Minister. Words of Hope—what's that word mean?, 10:30 a.m.
Evening of fun in the Kletz Coffeehouse and Jazz Musical Entertainment, 8-10 p.m. Dessert will be served. Theater Production of the Steel Pier, DeWitt Theatre, 9 p.m. (Tickets available through the ticket office 616-395-7890)

SATURDAY, NOVEMBER 11
Welcome Event, President James Bultman, Dean of Students Richard Frost and Director of Advising Maria Reynolds, Maas Auditorium, 10:15 to 11 a.m.
MIAA Football - Hope hosts Albion. Holland Municipal Stadium, 1 p.m.
Nykerk Cup Competition. Holland Civic Center, 8 p.m. Traditional Event featuring competition between the Classes of 2003 and 2004. Admission is free/no ticket required

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What Do These Leaders Have in Common?

Gwendolyn Chivers, Chief Pharmacist, University of Michigan Health Services
Gayle Calic, Manager, Global Marketing, Eli Lilly & Co.
Cynthia Kieman, Manager, National Managed Pharmacy Program, General Motors Corp.
Peter Labadie, President, Williams-Labadie, LLC, a subsidiary of Leo Burnett Communications
Albert Leung, President, Phyto-Technologies, Inc.
Robert Lipoczi, Vice President, Biopharmaceuticals R&D, Bristol-Myers Squibb Co., Pharmaceutical Research Institute
Catherine Polley, Director, Pharmacy Government and Trade Relations, R-Mart Corp.
Larry Waganowski, CEO, Michigan Pharmacists Association

The University of Michigan College of Pharmacy has been developing leaders for positions in health care, biotechnology, business, education, engineering, law, the pharmaceutical industry, and other careers for 125 years.
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You owe it to yourself to find out about the great, high-paying career opportunities available to U-M College of Pharmacy graduates.
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Sports

Proactive year. It set the stage for guaranteed at least a share of the time expired in the first half, and field in its 26-3 victory at Olivet. This was the seventh in a row for the Flying Dutchmen, and it added a new weapon to its arsenal.

MIAA title for the second consecutive year. It set the stage for the Flying Dutchmen offense kicked into higher gear in the fourth quarter, with two touchdowns by tailback Landon Matthews ('01) on runs of 11 and 2 yards. The Flying Dutchmen defense once again stood tall, holding the Comets to 226 yards of total offense, only 39 of which came on the ground. During the second half, Olivet had a negative 29 yards rushing. Leading the defense was linebacker Josh Baumbach. '03, who was named the MIAA defensive player of the week.

This win was the seventh in a row for Hope, and Baumbach was awarded the MIAA defensive player of the week.

The Hope record book for career receiving yards was rewritten by wide receiver Brian Adloff ('01), who now has gained 1,566 yards on 131 receptions. Graves, who is responsible for many of Adloff's catches, finished the Olivet game with 171 yards passing, completing 14 of 25 attempts.

Despite their win, Graves and his teammates will need a much stronger performance on Saturday against Albion, which defeated Olivet 80-7 earlier in the season.

It's a huge game," said Baumbach. "None of us are satisfied with sharing a championship like we did last year.

V-BALL from 1

22 kills for the 14th and 16th points of the fourth and decisive set. She was named the MIAA player of the week.

This was the third time this season that Hope has defeated Calvin. "We knew that they'd be up for revenge, especially since it would end their season," said Graves. "It's a huge game," said Baumbach. "None of us are satisfied with sharing a championship like we did last year.

Good luck at NCAA tournament.

The Hope College volleyball team, good luck at NCAA tournament.

CONCERT from 3

is looking forward to performing in three more concerts next semester. Pippo is pleased with the talent and development of the orchestra this year. "The orchestra is musically and talented much stronger than last semester," Pippo said. "The overall balance is better." Ward believes there are many reasons why a Hope student wouldn't want to miss this upcoming concert.

It's a great night of music, and it so happens that the music on this concert is very exciting to listen to," said Ward. "Also, they should come to support their colleagues that will be performing. I hope the students here at Hope realize what a unique situation they are in—so able to attend such exceptional concerts, dance recitals, theater performances, art shows, etc. It's a real privilege, and chances are you may not have such an opportunity after you leave here."

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