HOME COMING FILLS WEEKEND

Phase II

Focuses on the Vision

After planning since early fall, the Spiritual Activies Committee is ready to hit the Dordt College campus with a week of full-orbed club activities suggesting a Spirit-filled, God-centered perspective on Christian education and its influence in all areas of life. The theme that Christ is King will be shown to be the over that drives Christian on to work in this world for the coming of His Kingdom.

The work done during the week of March 5-9 will be a continuation of the Spiritual Retreat activities held at Lake Okoboji last fall under the theme, "Putting It All Together.

The college community will witness a week of excitement, intellectual presentation and discussion of papers, and a drive for continued effort on the part of all students and faculty to establish a Kingdom perspective on all life's activities. The clubs on campus have put long hours preparing into this week with the hope that all those involved may obtain a richer vision of what their Kingdom task is.

The program will run close to the following schedule as possible: Sunday evening (March 4) - combined hymns in the Bethel and First Avenue churches and an introduction to the entire week UB. Monday morning, 9:30 -- Ad Hoc Committee meeting (March 4) -- The Sisters Macintosh, a one-act comedy is scheduled for Saturday afternoon Homecoming activities in the St. Anna Room.

Tuesday morning, 9:25 - 10:45 -- Phi Kappa Sigma - a continuation of the upcoming events of the Homecoming activities in the SUB.

Wednesday evening, 7:30 - 10:45 -- Political Science-gym

Thursday evening, 9:25 - 10:15 -- Languages-gym

Friday evening, 9:50 - 10:45 -- Publications (Diamond and Cannon) - gym

Friday evening, 8 - 10 p.m. -- Readers Theatre, Program, beginning at 8:15 and continuing until 10:30. Readers' Theatre, a club for presentation and discussion of papers, with one concerning how many students who return to the campus to continue their education and how many do not. The committee will discuss the proposal with the Board of Trustees in March for their approval.

If approved, the new set-up retains the present student Forum as part of the organizational structure. Proposals concerning non-academic affairs brought up by the Forum will go to the Student-Life Senate for re-vision and from there to the Board of Trustees in March for approval.

In the new system the faculty will deal only with academic matters in relation to student life, except for the four faculty members who along with four Board members, two administrators, and six students will make up the Student-Life Senate.

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Ad Hoc Reviews

Senate Proposal

Last week Monday, the 19th of February, the Ad Hoc Committee had its second meeting. The committee again considered the proposal regarding the Student-Life Senate.

The idea remained basically the same, that of an organization (Student-Life Senate) to review proposals concerning student non-academic life. They made several technical revisions--for example, one concerning how many representatives from each class will be appointed to the senate.

This revised proposal will be presented again to the committee at its next meeting and then to the Board of Trustees in March for their approval.

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Urban Affairs

Discussed in April

Three people from Philadelphia will visit Dordt's campus during the days of April 4, 5, and 6 in connection with Urban Affairs Week. Rev. Wayne Brauning, director of the Philadelphia Association of Christian Schools (PACS) and Mrs. Vivian Dowle, a substitute teacher in one of the Philadelphia Christian schools, and Mr. Guy Roye, a recent Roman Catholic convert and parent of two Christian school children will participate in the three day Urban Affairs program.

Working together, they will lecture on Wednesday, Thursday, and Friday, April 4-6, on economics, education, and sociology classes. The economics class will hear a lecture on the Urban Crisis, Crime in the Ghetto is the topic for the lecture they will give for the Sociology 204 class.

On Wednesday evening April 4, at a meeting sponsored by the Sociology Club, Rev. Brauning and Mrs. Dowle and Mr. Roye will address a public audience on the topic: Black Separatism and Cultural Survival. They are scheduled to speak in chapel on Thursday morning and that evening will talk to the Phi Kappa Sigma meeting.

Dordt has been con-

(please turn to page 3.)

The Dordt College Concert Band will be the feature attraction and will be presented again to the student Forum as part of the senate.

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Thursday evening, 9:05-9:45 -- Science-gym

Friday evening, 10:15--Languages--gym

Saturday evening, 6:45 --Thailands --C60

Science people plan an open house for the Phase II weekend.

Photo: de Vries

Hosts, Hostesses

Preside Over Activities

Homecoming 1973 activities will occupy much of this weekend at Dordt College. Beginning with the band concert on Friday evening, March 2, Homecoming events will continue through the Talent Show on Saturday evening, March 3.

Hosts and hostesses have been selected for the Homecoming activities. Mr. and Mrs. Magee, Mr. and Mrs. Keekook, Lee Lahue and Helen Blakespoor, and Dan and Joyce Gibson will be introduced at the Friday evening band concert.

The Dordt College Concert Band will be the featured highlight for tomorrow's evening activities. Dale Grotenhuis and Mr. Gerald Bouma conducting the band in a variety of selections, ranging from classical to numbers of recent vintage. "Festival March" by Dale Grotenhuis will be featured near the end of the concert. Mr. Grotenhuis wrote the number in 1965 and made use of the Dordt Alma Mater in its final section.

Sectionals have been presented for Saturday morning so that Dordt alumni can become acquainted with new developments here at Dordt. Faculty members will be leading these sectionals in drama, speech, music, physical education, natural science, special education, business, library, and curriculum changes. At 2:30, a one-act play will be performed in the SUB lounge where displays will also be set up.

Later Saturday afternoon an interesting basketball game is slated when an alumni team and an intramural all-star team team in the gymnasium. Topping off the Homecoming activities Saturday evening will be a Talent Program, beginning at 7:30. Readers' Theatre, choreography, music, numbers, a dramatic production, and a faculty skit will be complemented by a presentation put on by returning alumni. wb
Ho-Ho-Ho

To the Editor:

I am writing concerning Home-coming events which are planned for this coming weekend. I am sure that the many events will make it very exciting. However, I think that it is important to know that I am going to do my share. Therefore, I wish to announce at this time that I will do my best to make sure that San-
Tennessee Williams wrote a sentimental, non-realistic play about a girl who escapes from life to a dreamy world of glass figurines. The Old Creamery Theatre's production of A Glass Menagerie, presented last Saturday night in Cl06, was that and more. In the OCT production, Tennessee Williams came through with the mixture of the OCT's emphasis on the melodrama of the scene, and the humor of the characters. His mother's games, "All pretty girls are a trap and men expect them to be," says Amanda. Tom and Laura will be a part of Amanda's game whether they like it or not.

And so, we've taken another step forward.

Sincerely,
A Senior Snob

Mr. Egan

OCTC's Menagerie in Review

by Janet Vlieg

"You be the lady and I'll be the darky," says Amanda to her son, Tom. Laura, and the other characters, are trapped. They are the victims of their own family, their society, and their sex.

Although the penetrating performance by Rita Berendes (Amanda) Wingfield) dominated the production, the victimization of Laura, played by Gretchen De Boer, remains the focal point of the play. Subtle variations in the walking and hand movements of Amanda and Laura set the different moods of each scene more effectively than "eating the crust of humility all their lives" (remaining a spinster). Tom, too, is trapped. As the only man in the Wingfield family, he is expected to support and protect the women financially until Laura marries and another man can take his place. Finally Tom is driven to the point where he blurts out bitterly that he would not even pay his mother's games. "All pretty girls are a trap and men expect them to be," says Amanda. Tom and Laura will be a part of Amanda's game whether they like it or not.

In the OCT production, Tennessee Williams came through quite well. The OCT production clearly exposed the deformity of the Wingfield world of Southern belles and dashing beaus. For a while dreams survive intact. But the tension builds as Amanda realizes that Laura will never make it as a secretary; thus marriage is the only alternative.

Tom and Amanda's storming argument (with Laura as the crying bystander) was the most memorable scene of the conflict. "I will never speak to you again as long as you live," screamed Amanda. But Tom is not even paying attention. He stares, stunned, at the broken glass of Laura's menageries. Laura cries whimpering in fright. The dream is slowly crashing to splinters in the Wingfield livingroom. Each character appears to be lost at some point, lost in a private world of terror. The OCT play communicated this feeling of individual shock powerfully and succeeded in completely involving their audience.

And so we have another step forward.

Sincerely,
A Senior Snob

Tennessee Williams wrote a sentimental, non-realistic play about a girl who escapes from life to a dreamy world of glass figurines. The Old Creamery Theatre's production of A Glass Menagerie, presented last Saturday night in Cl06, was that and more. In the OCT production, Tennessee Williams came through with the mixture of the OCT's emphasis on the melodrama of the scene, and the humor of the characters. His mother's games, "All pretty girls are a trap and men expect them to be," says Amanda. Tom and Laura will be a part of Amanda's game whether they like it or not.

Although the penetrating performance by Rita Berendes (Amanda) Wingfield) dominated the production, the victimization of Laura, played by Gretchen De Boer, remains the focal point of the play. Subtle variations in the walking and hand movements of Amanda and Laura set the different moods of each scene more effectively than any dialogue.

Through his sarcastic monologue describing Amanda, David Berendes (Tom) not only interpreted and developed the character of Tom, but brought the audience to the point of finding the conflict through his eyes. At one moment during the production, voices in the Dordt College audience were audibly murmuring "Rise and shine in sympathetic anticipation of the rude awakening Tom was about to receive from Amanda."

Jim O'Connor, the gentleman caller, came alive on stage through the Irish brogue and bouncy step of actor Mark Ping. Jim O'Connor is a washed-up high school hero and a fool. But Ping gave his character a sort of warm vulnerability that plays along with the crass edges of Jim's behavior. As Jim signed Laura's Torch with a glorified flourish, one was more inclined to feel sympathy than anger at his desire to crow a little in front of an old man.

One could perhaps discuss at length the symbolism of the various styles and colors of the props and costumes. Let us just say that the over all effect of the OCT production was excellent. In discussion of monthly wages ($65), Laura's victoria, Amanda magazine sales pitch and Tom's clicks back hair, a '30s atmosphere prevad the Wingfield dreams. The cigarette smoking was also valuable as a good mood-setter. The OCT troupe took charge of every detail. They more than did justice to the work of Tennessee Williams through their fine interpretation.
Dr. Garret Rozeboom, professor of Education and Psychology at Dordt, will be retiring at the end of this semester.

Presently serving as director of teaching, Dr. Rozeboom cites two reasons for his retirement. First of all, he simply stated that he was at retirement age. Another reason is that there are many young men who are qualified for the position he has and are in need of a job.

Dr. Rozeboom came to Dordt first when a four-year-old, living in an anticipated home. He wanted to work in a position similar to his present job but was sidetracked when the first dorm was built (West Hall). He and Mrs. Rozeboom became Dordt's first dorm residence halls. In a sidenote here, Dr. Rozeboom says coed dorm life was great.

West House housed the students and men on the other and he recommends that system of dorm housing as very fine.

Dean of Students was a position Dr. Rozeboom's position next and with this he also had the job of teaching Psychology. Later a Psychology professor was hired and he devoted his time solely to the office of Dean.

Four years back Dr. Rozeboom finally returned to the work he enjoys so much. He stepped out of the Dean's office and became once more the director of teaching. In his new position he has served until now, working with Dordt's education students in practice teaching and teacher placement.

What are Dr. Rozeboom's plans now? He has been studying maps and noticed many lakes in Minnesota and Canada on which he has visited. He has bought a pickup and plans to pull a trailer on a long vacation. He will "take it easy," commented Dr. Rozeboom. "Everyone has treated me really fine."

Mr. William Ness, professional organist from Detroit, Michigan, performed as part of the AGO Spiritual Emphasis Week project.

During spiritual emphasis week the local student chapter of the American Guild of Organists and Dordt's music department will sponsor a workshop open to all interested in organ music. Mr. Wil- liam Ness is now organist in the First Presbyterian Church of Detroit, will conduct the workshop. Student members of the local AGO will present their group's position paper for spiritual emphasis week and participate in a concert of contemporary chorale preludes. Mr. Ness will comment on each performance of the workshop. The workshop will be held March 8 from 1-3 p.m. in the band room. On next evening at 6 p.m., Mr. Ness will give a recital in Sioux Center First CRC. He has an established reputation dating back to college days when he won the graduate student competition at the University of Michigan - an honor that is quite an honor for an organist with Ph. D.'s. This recital will include pieces by Bach, Liszt and Saint-Saëns.

Forensics Looks for Recruits

Debate and forensics teams have been at work this year participating in tournaments and festivals. Approximately 25 to 30 students have been involved in debating, with more than half of them being seniors. It has been a successful year for the team, with many members competing in national and international tournaments. The team has won several major awards, including the second place overall at the national tournament.

AGO Features Ness

A reminder - next Monday night will be the last performance in the Sioux County Concert Series. The four members of the John Biggs Consort will present an evening of vocal and instrumental music from medieval, renaissance, baroque and contemporary times in the Northwestern gym. Attendance of concerts is very disappointing this year and if it doesn't pick up now the concerts may be scrapped next year. Mr. Guld- eveld believes this will be one of the most exciting series this year. Student members of the local AGO should check the bulletin board in the music building.

From the Frying Pan Into the Fire

Attaining Nixon's "Era of Peace" necessitates more than a tranquil Southeast Asia. There is the smoldering matter of the Middle East. For the past six years we have been hearing ominous reports and dire predictions about Israel and the Arabs. Many commentators and politicians warned that once Vietnam was over with, the Middle East would be the scene of the next world crisis. Two events of the past week seem to confirm this. First came two relatively unnoticed Israeli raids on two Palestinian camps located deep in Lebanon. Twelve hours later the world was shocked by the downing of a Libyan passenger jet by Israeli with great loss of civilian life. It seems that the jet had strayed into the Sinai Peninsula on its way to Cairo. Israeli claims have to warn the pilot, but that when he failed to turn around and leave, they fired warning shots and were eventually forced to attack the jet. The Israeli belligerency is being justified by someone who says that they are worried about reports that Arab extremist plan to pack an airplane full of explosives, and let it crash into their capital, Tel Aviv. Such excuses fail to justify this needless attack.

These blatantly hostile acts occur at a time when hopes are again rising for peaceful negotiations. Once again peace is jeopardized.

Now that relative calm exists in Southeast Asia, Nixon is focusing on the Middle East. He has recently conferred with King Hussein of Jordan and a special Egyptian envoy. Prime Minister of Israel, Golda Meir, will come to the U.S. next month, while Kissinger is being sent to the Mid-East. Hopes are that Brezhnev and Nixon will have a meeting of the minds on this conflict when they meet in Washington later this year.

Conditions in the Mid-East are of special concern to the superpowers for several reasons. For both Russia and the U.S., this area of the world holds the key to the energy crisis facing this planet. Oil supplies are depleting. Arab nations control much of the world's oil reserves. It is paramount that these reserves remain accessible. The U.S. has a history of partiality and outright military aid to Israel, as do the Russians for the Arab states. As the area's importance has increased, both Russia and the U.S. have increased their military presence. The U.S. provided billions of dollars in military aid to the Arabs and took a firm stand against Israeli aggression. The Arab states, in turn, have given back to Israel by the U.N. The consequences of bitterness and hatred between Arabs and Jews is more volatile than ever after 25 years. Perhaps it is time that the U.S, reconsider its wholehearted support of Israel. We are supporting her military effort with our technology and Phantom Jets. She is giving back to Israel by the U.N. Conditions in the Mid-East are of special concern to the two superpowers for several reasons. For both Russia and the U.S., this area of the world holds the key to the energy crisis facing this planet. Oil supplies are depleting. Arab nations control much of the world's oil reserves. It is paramount that these reserves remain accessible. The U.S. has a history of partiality and outright military aid to Israel, as do the Russians for the Arab states. As the area's importance has increased, both Russia and the U.S. have increased their military presence. The U.S. provided billions of dollars in military aid to the Arabs and took a firm stand against Israeli aggression. The Arab states, in turn, have given back to Israel by the U.N. The consequences of bitterness and hatred between Arabs and Jews is more volatile than ever after 25 years. Perhaps it is time that the U.S, reconsider its wholehearted support of Israel. We are supporting her military effort with our technology and Phantom Jets. She is giving back to Israel by the U.N.
For Now and Future Artists


In this recent publication, Literature and the Gospel, Mr. Merle Meeter has attempted to answer some of the problems that Christian writers have faced in maintaining faithfulness to the Lord through their literature. In the past, literature, as well as other arts, has been largely ignored by the Christian community with the result that the well written, highly artistic novels, short stories and poems have been written by the secular world. Recognizing that God has commanded us to work in all areas of life, Christian writers are struggling more than ever to develop a truly Christian perspective in literature. How can Christians glorify God and praise him in their art without delineating the intrinsic character of that art by inserting moralism, ecstatic exclamations of praise, conversion scenarios or whatever? What are God's created norms for literature which must be followed in order to develop art products that praise God not only in content but in form also? These are problems with which Mr. Meeter and other Christian writers must cope.

Mr. Meeter has arranged his book on the basis of thirty norms he sees as being ordained by God for men to obey in all areas of life including literature. Each of the thirty chapters deals with one of these norms—eg. norm of unity, simplicity, faith, and the Biblical basis he finds for its fundamental importance in literature. Some Christians concerned with a reformed view of art and literature have expressed the fear that Mr. Meeter has perhaps chosen rather far-reaching examples from the Bible or perhaps has quoted proof texts too freely without seeing them in the context in which they were given by God. But Mr. Meeter explains his example and has used and quoted texts and examples in his stated thesis: "The inspired and inerrant Word of the True and Holy Covenant God gives the writer, the critic, and the reader much more than merely a general faith framework in which to evaluate art. It gives the essential and the most important literary principles or norms, for structure as well as content, are also either definitively enunciated or peerlessly illustrated in the Bible is the thesis of this book." (Preface).

Although disagreements may arise because of his purpose, or because of his attempt at explaining the basis of the norms themselves, Christian readers must realize that Mr. Meeter makes some very valid points concerning literature and its significance in God's created order. In terms of the norms he has chosen, Mr. Meeter presents aspects of the Christian life style which God demands of us in everything we do. Patience, mercy, righteousness, temperance and the others are reflections of a Christian's heart commitment, secure in our act because of God's love and faithfulness. To try to choose verses of Scripture randomly to back up structural points "reduces the power of the Word of God." (p.30). In his chapter on harmony, Mr. Meeter speaks of ways we should and how we should represent Christians for fearing to use the word "sin" or "Christ" or "repent" "or "Bible" in their literature. In his chapter on the Holy Covenant he makes a comparison between Biblical Hebrew and Biblical literature. He notes that the text of Christ's redemption is "the perfect example as well as by direct exhortation" (p. 20). He suggests the chance of losing the suggestive, its imaginativeness? Will literature retain some of those basic characteristics distinctive to its God-given nature? Is the God-ordained function of literature to praise God or to convert souls?

A final problem in Mr. Meeter's book is located in his recurring thesis, Christian aestheticism conflicts with the proposition that the Bible is a text book for the study of literature. Mr. Meeter believes that in art "God instructs us by biblical example as well as by direct exhortation" (p. 20). He suggests the usefulness of what a Christian writer need in terms of form and content is found in the Bible. Because of its inerrancy and timelessness, the Bible is the perfect example of literature. Perhaps this is a reduction of Scripture and literature. God's Word speaks to us of the greatness of God in every point in literature. As a Christian, having faith in God, we must act and think from our heart commitment, secure in our act because of God's love and faithfulness. To try to choose verses of Scripture randomly to back up structural points reduces the power of the Word of God. To writing novels and poems, short stories and drama, God wants us to be busy humanly. As human beings we are to exercise all of the talents God has given us to praise His name. In the light of His Word, we are to write imaginatively and Christianly, not merely to copy the examples of David and the other Biblical authors.

Mr. Meeter has come to grips with the problems of developing truly Christian literature. He has offered many valuable insights and has confirmed many basic positions. Perhaps Mr. Meeter's work would be more forceful if he were to emphasize that heart commitment rather than theological positions are the moving forces in Christian literature. When a Christian writes, he is expressing his love for and reverence of the center of our Lord Jesus Christ, concerning whom all Scripture testifies" (p. 69). In final analysis, Mr. Meeter's book, Literature and the Gospel, was clearly written and published in Christian love and a desire to help. He has suggested much that Christian writers must think about and work with as they worship the Lord in their art works.
Foods Potpourri

One fine morning you manage to make it to the Commons for breakfast, only to be confronted with a new menu of health foods. The eggs are a different variety: fertile eggs, from chickens raised of organic feeds and allowed to roam freely. The eggs contain a tiny chick embryo—the basis for the claim that these eggs are more nutritious. With that thought you pass up the eggs, replace the normal coffee. The soda fountain now offers raw fruit and vegetable juices, containing fewer calories and more vitamins than carbonated drinks. For something to eat you munch on pumpkin and watermelon seeds, higher in vitamins, mineral and protein than normal snacks of potato chips or candies, but also higher in calories and fat. Dinner that night consists of brown rice, bean salad, alfalfa sprouts, yogurt, and liver.

A revolutionary change in the college food system is not likely to happen, but in larger cities, health, organic and natural foods are a fast growing area of consumer interest. There are about 3,000 health foods stores in the United States and many large food chain stores are installing health foods counters. Although interest in such foods runs high, so does the confusion as to what labels as "health," "organically grown," and "natural" foods really mean.

Definitions of the meanings of such food labels differ from the producer and federal and university food commissions, as does the validity of the claims they make; the general definitions are as follows: Organic foods are produced without chemical fertilizers, pesticides spray and herbicides, using instead animal manure and green compost. Because of the difficulties in raising and delivering products by the organic method, the products cost about 30% more. Organic foods are claimed to be more nutritious but some food experts question the improved nutritional quality or the addition of "natural" vitamins. Usually organically grown foods are sold in the same areas where they are grown and are cheaper. Many health foods do have nutritional advantages that more industrially processed foods lack. Bacon rice—doesn't have its husks removed by polishing and retains more protein and vitamins than unenriched white rice. Wheat germ—has more protein and calcium. Because of a lower demand, these foods often cost more even though they require less production.

The rise of health foods has opened the eyes of consumers to the large amounts of chemicals added to industrially produced foods and to the nutritional value in products. Non-standardized food manufacturers must by federal laws list ingredients in order of weight—check soup to compare salt content to meat. Still many FDA laws leave the buyer with a food product of questionable value. FDA contamination levels allow for 50 insect fragments per 3 1/2 ounces of peanut butter. 5 rodent pellet fragments for that much cornmeal and 10 fruit fly eggs or 2 larvae to a 3 1/2 ounce can of tomato juice. Federal law prohibits the use of cancer causing chemicals in animal feed. DES—diethylstilbestrol, a cattle feed additive is still fed market beef. Laboratory animals fed the chemical have developed cancer. The question of what should continue on the market is a large one with few present alternative answers.

Somewhere between the adherence to a Zen Macrobiotic Diet and the hedonism of North Americans should be a healthy, normative eating style. Many health foods do have nutritional advantages that more industrially processed foods lack. Bacon rice—doesn't have its husks removed by polishing and retains more protein and vitamins than unenriched white rice. Wheat germ—the embryo of the seed remains after milling. Soy beans—high in protein and leading U.S. product is mainly fed to animals. Heme—a sweeter than starch has a higher protein content and is high in Vitamin C and can be easily grown in your kitchen. Yogurt—a mildly fermented milk product is a good supplier of protein and calcium. Because of a lower demand these foods often cost more even though they require less production.

Often in industrial processing the distinctive variety of food tastes as well as the beauty of fresh foods is lost. The creation of foods contain large amounts of nutrients which man has to make a profit takes out of normal diets. Enjoying the gifts of God's creation includes eating and drinking the benefits of the land in purity and with moderation. We also have a responsibility to keep the earth a place where the next generation can go on. This includes caring for the land and for ourselves by just laws concerning food content and production.

Granola (which costs less pound for pound than boxed cereals)

4 cups rolled oats
1/2 cup almonds or cashews
1/2 cup sunflower seeds (shelled)
1/4 cup sesame seeds (shelled)
1/4 cup honey
1/4 cup vegetable oil

Mix, pouring honey over the mixture. Put in a rectangular cake pan, bake at 350 degrees for 20 minutes or until gold brown, stirring occasionally. Remove from oven and let cool. Granola can be eaten dry or with milk.

Natural foods are produced without chemical additives, fillers, artificial coloring and flavoring and preservatives. In this category can fall homemade foods like homemade bread which are made and eaten within a few days. Industrially produced foods need the preservatives to insure freshness after the prolonged shipping and shelf life. Other additives such as coloring are used to attract the consumer.

There are degrees of commitment to health, organic and natural foods. The Zen Macrobiotic Diet, consisting of brown rice and vegetables is a total commitment to a prescribed lifestyle. The Zen Macrobiotic Diet is often part of a mystic religious life. Others eat health foods believing that they are nourishing both their bodies and souls. To those people who believe in eating only organic foods, it becomes a way of life since farming, shopping and eating organically is difficult and expensive.

The typical American family projects a basic commitment in its eating habits too. Behind our gluttony of huge starchy and fatty meals, empty snacks and drinking habits is a hedonism not unlike the Romans. We overindulge all the more since we have been conditioned by the work of medicines. The problem arises when people believe more in the worth of health foods than in their doctor's advice. Though most health foods may be excellent, they have not been proven to do the work of medicines.

"Why should I eat it? I get my daily essential Vitamin A and all the B vitamins. I need them in the fortified Dynakake cereal."

Eating food that has been artificially irradiated milk I had for breakfast."

Granola atasty, crunchy, nutritious and heavy cereal, looks interesting. You might try it! Natural foods are produced without chemical additives, fillers, artificial coloring and flavoring and preservatives. In this category can fall homemade foods like homemade bread which are made and eaten within a few days. Industrially produced foods need the preservatives to insure freshness after the prolonged shipping and shelf life. Other additives such as coloring are used to attract the consumer.

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The basketball season is over for another year. We finished with an 8-14 record—a tough season. On February 17, Dordt faced Dakota State and lost 91-85. Mark Sybesma and Craig Shannon tied scoring honors with 18. Also in the double column was John Zandstra with 13. Dordt was out of the bracket most of the season, but he gets fired up during the game. The team clicked most of the times during the season, but John always seemed ready to play. Another person who has helped balance the team is Craig Shannon, whose discipline will drive him towards perfection. He’s a hard worker who will add much to next year’s team.

The next game was with Northwestern, whose athletic department seems to shine their other departments this year. They beat Dordt 108-62, Mark Sybesma and Randy Nieuwenhuis were top scorers with 38 and 12 respectively. Northwestern broke the game open early and won by a large margin. One reason why the Thunder were failing these last games is the slowdown of Ron De Groot. His thigh injury caused loss of playing time. He will hopefully be back next year, healthy and motivated.

Dordt played Westmar and their big man Cullinan next. On February 14, Dordt hosted Buena Vista and emerged with a 50-44 victory. The girls’ season came to an end. Judy Fopma led the scoring with 17 points and Donna Wierenga added another 13 to provide the winning margin.

The following evening, Morningstar College was Dordt’s guest. Donna and Judy contributed 22 and 23 points respectively to pave the way to a 66-45 victory. Once again, the entire team played well and each contributed in their own capacity to display consistent teamwork.

On February 21, Dordt hosted Buena Vista and emerged with a 50-44 victory. The girls’ season came to an end. Judy Fopma led the scoring with 17 points and Donna Wierenga added another 13 to provide the winning margin.

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On February 19, the team played against Westmar in a hotly contested game. Westmar won the match by a 55-39 score, but Dordt was by no means outplayed. Nancy Mathies played well on offense and defense to widen the extra punch. Westmar is the only undefeated team in the conference.

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