College purchases site for center

A well-known campus neighbor has become part of campus itself.

The college has purchased Lincoln Elementary School from the Holland Public Schools. The site will house the new Martha Miller Center for the departments of communication and modern and classical languages.

The school closed after the 2000-01 school year due to falling enrollment and budget constraints, and the district subsequently leased space in the building to local organizations. It was offered for sale this spring, and Hope was the lone bidder for the property.

The building will be named for the late Martha Muller '24 Miller of Holland, Mich., who made a $3 million gift on behalf of the project through her estate in 1999.

Design and subsequent construction have hinged on the college's search for the most suitable site for the structure. The school is located between 10th and 11th streets on Columbia Avenue, in the "Eastern Gateway" region that will also include, farther east, the new DeVos Fieldhouse.

Planning will proceed in the coming months, with construction expected to begin in the spring of 2003. Hope anticipates completing the building by late 2004. The project is a part of the Legacies: A Vision of Hope campaign.

The department of communication is currently housed in Graves and Lubbers, while the department of modern and classical languages is headquartered in Graves Hall. In addition to providing both departments with additional and enhanced facilities, the new building will make space available in Graves and Lubbers for other programs.

Construction should begin this spring on a new home for the departments of communication and modern and classical languages. The college purchased the former Lincoln School property on Columbia Avenue between 10th and 11th streets this summer.

“Quote, unquote”

Quote, unquote is an eclectic sampling of things said at and about Hope College.

When the school year begins and life's intensity seems to increase exponentially, it is all too easy for sleep to become a low priority. Here, as 2002-03 beckons, are excerpts from an April 16 address that focused on the need for adequate rest—particularly, as noted in this section, as a prerequisite for learning well.

The talk was delivered by Dr. James B. Maas, who is nationally known as an authority on the topic. In addition to speaking around the nation, including to corporate clients ranging from Pepsi-Cola to MCI/Universal Studios, he has made appearances on television programs including Today, Good Morning America, and Oprah. He is professor and past chair of the department of psychology, and the Stephen H. Weiss Presidential Fellow at Cornell University.

"I'm going to tell you the secret of life. We have a deprivation in this country that you can do something about starting tonight.

"Forty-three percent of Americans are moderately to severely sleep-deprived. Not just a little tired, but so tired it ruins your mood and your happiness... Even with modest sleep deprivation you're grumpy...

"It affects, as you will see, your alertness, your energy, your thinking, your productivity, your safety, your health and how long you're going to live...

"But what I want to concentrate on today is: the sleeping brain replenishes neurotransmitters that stimulate and organize neural networks in the brain responsible for memory, learning, problem-solving and creativity. [In showing how the brain needs to be able to retain and use information, he cited as an example the need to be able to recall and apply the many components of a golf swing naturally and seamlessly]. This has to become part of you, just like memorizing things in organic chem or whatever have to be part of you.

"In order to be part of you, there have to be connections at the synapse between neurons in our brain. The materials necessary to make those connections are happening in one period during the 24-hour cycle: in REM, or rapid eye movement sleep, the period in which most dreams take place.

"Now the longest, most significant period of REM sleep, as you will see in a minute, is between the seventh and the eighth hour of the night. So you people who are getting less than eight hours of sleep are literally operating on half a brain. It's amazing that you have any long-term behaviors at all.