



# HERMES



THE DANA MESSENGER

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Number 22

## ALC CONFERENCE OPENS TONIGHT

### Wm. Stringfellow

### John Bachman

### Speakers Explore Areas of Drama, Business, Athletics



William Stringfellow is a practicing attorney in New York City and a partner in the law firm of Ellis, Stringfellow & Patton.

Following graduation from the Harvard Law School in 1956, he lived and practiced law in the East Harlem Neighborhood.

Stringfellow is a frequent contributor to both legal and theological journals and his articles have been published in *The Harvard Law School Bulletin*, *The Christian Century*, *The Christian Scholar* and *The Ecumenical Review*.

Stringfellow has been active in the ecumenical movement as an Episcopal Layman. He participated in the World Council of Churches Second Assembly in 1954 and delivered a principal paper at the Faith and Order sessions of the World Council in Scotland in 1960.

He was a Special Deputy Attorney General of New York for election frauds and has been a consultant to the New York State Commission Against Discrimination, and an advisor to the New York State Council of Churches on legislative matters. In 1960, he testified before the President's Committee on Narcotics.

Recently Stringfellow authored *A Private and Public Faith*. Karl Barth, prominent theologian, called Stringfellow the "most interesting young man he had met in America" while visiting last year.

Dr. John Bachman is at present Professor of Practical Theology and Director of the Union Theological Seminary Center for Communication and the Arts in New York City. He is a graduate of Capital University and the Evangelical Lutheran Theological Seminary. In 1956 he received an honorary doctorate from the Capital University.

He has been a pioneer in the fields of radio and television and the arts as they have particular relevance to the Christian faith. In 1960 he authored a book on the subject: "The Church in the World of Radio and Television."



Teaching propelled Dr. Bachman to Capital University and to Baylor University in Texas before he arrived at Union Theological Seminary. Drama and speech were in his teaching portfolio before his present task. He is a well-known authority on Audio and Visual Aids and has authored *How to Use Audio Visual Materials*.

In 1959-60 he spent a year as an Honorary Research Associate of the Communications Research Center of University College, at the University College, at the University of London.

He is a contributor to many leading journals and is a member of a great number of committees in his field. He functions in such areas as the National Council of Churches Broadcasting and Film Commission, National Lutheran Council and Public Relations Board of The American Lutheran Church.

Tonight, the third annual American Lutheran Church Student Conference will get underway with an address by Dr. John Bachman, special guest speaker in the area of drama, at 7 p.m. in Alumni Memorial Auditorium. This address, as well as the other two major addresses, is open to all Dana students.

Two other noted speakers have also been engaged to speak during the conference in the areas of athletics and business. They are Jesse Owens and William Stringfellow, respectively. Further information concerning the three speakers appears to the left.

The general theme of the conference, *Called to Be Human in a De-Humanizing World*, is expected to raise many thought-provoking questions and stimulate much discussion concerning the chaotic situation of the world into which the Christian is called "to be human."

### Jesse Owens

Jesse Owens is considered by many sports experts to be the greatest track and field star of the half century.

Owens' athletic career began while in junior and senior high school where he set world records in the broad jump, the high jump and the 100 and 220-yard dashes.

As a sophomore at Ohio State University, he had the distinction of being the only track and field athlete in history to set three world records and to tie the fourth in a single track meet.



At the 1936 Olympic games in Berlin, Germany, Owens gained international distinction with a dramatic victory that set new world records in the 100-meters, 200-meters and the broad jump.

He is now a resident of Chicago and devotes much time to underprivileged youth.

His major concern is doing his full share to make available better and more complete educational opportunities for all youth.

In the fall of 1959, the first plans were laid to establish lines of communications, to cement relationships between schools and to approach cultural problems mutually on the student level in the colleges, seminaries and nursing schools of The American Lutheran Church. It was decided to establish an experimental weekend conference at Concordia College in Moorhead, Minnesota, which was held on March 3-5, 1961.

Dr. Krister Stendahl of the Harvard Divinity School was the key speaker for the first conference. "Christ in Culture—Illusion or Reality" was the theme with emphasis in the fields of journalism, religious organization and politics.

Last year the conference was held on the campus of Wartburg College with the general theme "The Role of Authority in the Christian Life." Emphasis was placed on education, science and the church as they related to authority in the life of the student.

This year's conference is being led by Mr. Herb Knudsen, Dana Student Body President. Assisting him on the executive committee are Jim Matter of Luther College and Mr. Jack Horner of Wartburg Seminary. Co-ordination of all plans has been with the Youth Department of the ALC under the direction of the Rev. Ewald Bash.

## Editorial . . .

**Dana Welcomes 200 Student Delegates**

This week's *Hermes* rolls out the red carpet to welcome over 200 delegates to Dana's campus for the Third Annual American Lutheran Church Student Conference.

**Our hearty welcome is extended to the representatives from the 12 colleges and seminaries who have come from near and far to discuss and share many exciting and thought provoking questions raised by the conference theme CALLED TO BE HUMAN: What does it mean to be human in this time? How can we break the shackles of conformity that so often bind us?**

A special welcome is accorded to the three special area speakers, Dr. John Bachman, Jesse Owens and William Stringfellow who have come to share with us some new insights and aspects in the realms of drama, athletics and business, respectively.

**The smaller workshop discussion groups will afford opportunities to learn and share the problems and solutions that are common to the church-related college. It is for this purpose that the conference has been designed so that some concrete accomplishments may be realized.**

Much has already been accomplished in the two preceding conferences and much more is anticipated through pooled resources and leadership of this conference.

As the editor of *The Concordian* so aptly put it two years ago: "It (the conference) offers the challenge of a whole greater than the sum of its parts."

—B. R.

**Special Thanks to Conference Staff**

Meeting on our campus this weekend are representatives of the colleges and seminaries of The American Lutheran Church in a special convention known as the ALC Student Conference. Much painstaking planning and a great deal of expended energy has gone into this conference, not only by the students and staff of the host college, but also by the coordinators from each of the other schools and the directors and staff of the ALC Youth Department.

Those persons involved in the planning of the conference from Dana are the following: General Chairman, Herb Knudsen; Registration, Betty Smith, Arden Dorn and Dave Israel; publicity, Jerry Jorgensen and Ken Jacobsen; housing, Herb Knudsen, Judy Swenson, Carol Pedersen and Dave Israel; meals, Joan Nielsen; plant (maintenance), Barry Tuttle and Richard Jorgensen; and stenographers, Nancy Becker.

Special recognition should also go out to dietician Mrs. Ruth Carey and the kitchen staff; Dean of Women Mrs. Alice Laaker, Dean of Men Kieth Skogman and the administration of the college.

To the above named individuals and groups goes a special thanks and word of appreciation for helping to make the Conference the success that it is anticipated it will be.

Dave Barber

**Dine At Cope's Cafe****To the Editor**

Too many activities!?!?

Which would be most beneficial? How can I be in "fifty-eleven" places at once? How can one avail himself to all the opportunities offered to him in one evening?

On one particular evening last week, we counted seven different activities in which students could have and should have participated. Shouldn't interested students, especially on a Christian campus, have the opportunity to attend the mid-week Lenten service, the free movie, I.R.C. and Chi Rho? Swimming, studying and chapel could also have been a part of our evening.

Why aren't the students allowed to support both the church and the various organizations of the school when the programs conflict?

**Two Frustrated Freshmen**

You are right! You can't be in "fifty-eleven" places at once; however, you aren't expected to attend every organizational meeting or activity that is scheduled. Each student must be selective in what activities he participates and at times will have to decide which of two or three events are the most important, attend those possible and forego the others.

Editor

**Why Printers Become Gray**

How do professional printers feel about college newspapers?

**Technology News**, Illinois Institute of Technology of Chicago, quotes its printer as saying, "After spending all day Thursday putting this paper together, all I want to do is go out and get smashed."

We wonder if Norm Curley, the printer who puts *Hermes* together, feels this way about our paper! Is it really that bad? How about it, Norm?

**Lest You Forget**

**Friday, March 29** — ALC Student Conference: see conference schedule, page 3 for details.

**Saturday, March 30** — Student Conference: schedule page 3.

**Sunday, March 31**—Student Conference: see conference schedule, page 3 for details.

**Monday, April 1**—College Intramural Sports, 7-10 p.m., B.C. Peace Corps Visitation, 8 p.m.

**Tuesday, April 2**—St. Matthew's Passion, 8 p.m., AMA.

**Wednesday, April 3**—College Intramural Sports, 7-10 p.m., B.C. Baseball, Morningside, 12:30 p.m., here.

**Thursday, April 4**—WAA, 7-8 p.m., B.C. Graduate Record Exams, 1:30-5:30 p.m. PM. 318. Visit by Dr. Jersild: 2-5 p.m. in Doctors' Hall. 7-10 p.m. in Mickelsen Hall. Track Meet at Wesleyan; Midland and Dana.

**WELCOME DELEGATES**

We are thrilled to have you on our campus this weekend, and we hope that you will join wholeheartedly in our campus life.

This third annual conference has been in the planning for over a year. A lot of time and effort has been put forth for just these two short days. Is it worth all that? Your participation and response will determine its worth. Concern yourselves with these aspects of our modern society; ponder them in your minds; take them back to your campus; ask a most disturbing question: What can I do?

If there is anything we can do to make your stay more enjoyable, please do not hesitate to call on us.

Sincerely,  
**Herb Knudsen,**  
Student Body President

**By Way of Bob**

To the Conference speakers, delegates and visitors, we bid you a hearty welcome to our campus. We hope that your stay will be pleasant, and that you will find time to tour the campus and the buildings, especially the new Charles A. Dana Hall of Science and Borup Coliseum.

**Last weekend's performance of THE CRUCIBLE has been acclaimed by many students as one of the highlights of this school year and one of the best plays ever produced on Dana's stage. To the entire cast whose acting was superb and to the director, Professor Sieghard Krueger, who was the guiding light of the entire production, and last but not least, to those who helped "behind the scenes": Congratulations and thanks for a job well done!**

Spring leaped in upon us last Sunday. Not only did she bless us with a warm afternoon with a balmy breeze (50 miles per hour!), but she also brought, ahead of schedule, one of April's showers. Evidence of spring's presence was seen Monday morning as the grass seemed to have suddenly greened out "over night."

**Spring is sprung,  
The grass is riz;  
I wonder where  
My spare-time is!**

Speaking of spare time, if any of you know where some may be obtained, you might pass along the hint to the rest of us!!

**It is now proved beyond doubt that smoking is one of the leading causes of statistics.**

**HERMES**

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## CONFERENCE SCHEDULE

### Friday, March 29—

- \*7:00 p.m. Address by Dr. John Bachman—AMA.
- 8:15 p.m. Workshop Discussion Groups
- 9:15 p.m. Question period with Dr. Bachman—DHA.
- 10:00 p.m. Service—Liturgy for the Lost

### Saturday, March 30—

- \*8:15 p.m. Address by Jesse Owens—AMA.
- 9:30 a.m. Workshop Discussion Groups
- 11:00 a.m. Question period with Jesse Owens—DHA.
- \*1:00 p.m. Address by William Stringfellow—AMA.
- 2:15 p.m. Workshop Discussion Groups
- 3:45 p.m. Question period with William Stringfellow.
- 6:45 p.m. Banquet — Dining Hall (for delegates only)
- 8:30 p.m. Question period with all three speakers—DHA.
- 9:30 p.m. Plenary session.

### Sunday, March 31—

- \*7:30 a.m. Workshop service with Holy Communion—AMA.
- 8:45 a.m. Brunch for delegates—Dining Hall
- \* Open for all Dana students.

## Graduate Exams Given April 4-5

Graduate Record Examinations will be given next Thursday and Friday, April 4th and 5th, in Pioneer Memorial 318. Time each day will be 1:00 to 5:00 p.m.

These tests are required of all students of senior rank; this includes those who will complete their requirements during the first semester next year. When all seniors take it at the same time, cost to the student is about half the usual cost. The tests are valuable for self-evaluation, for use in applying for admission to graduates schools and for gaining graduate scholarships.

All seniors will take the Area Tests which measure general education background; these tests will be given Thursday afternoon. Seniors who have a major in which an Advanced Test is available will take the Advanced Test which will be given on Friday afternoon.

Students are asked to bring three or four sharpened pencils and an eraser with them to the examination.

## 'No Time to be Homesick,' Says Gurli Christiansen

Born in Kolding, Jutland, Denmark, Gurli Christiansen is the only Danish-born student-teacher on the campus. It was in her home town that she spent her ten school years and also her four college years, the latter being at the Teachers College at Kolding. She received her diploma in 1957. Unlike the American system of degrees, she has just completed the prescribed course which made her eligible to teach.

The next two years of her life were spent teaching subjects in physical education, mathematics, Danish and a few other subjects. It is the policy of the teacher to move right through the grades along with the students; thus a teacher will normally spend five or seven years with the same students.

In 1960 it was off to Copenhagen for a year's course in P. E. But the appeal of teaching brought her back to the classroom, this time to the Langelinie Skole (school) at Vejle for two years. It was here that she met Miss Bodil Strom, formerly of Dana, and became aware that there was an opening for a phys. ed. instructor at Dana. This offered tremendous appeal and so with a year's leave from her school and a Fulbright Travel Grant she embarked in the summer of 1962 for the United States.

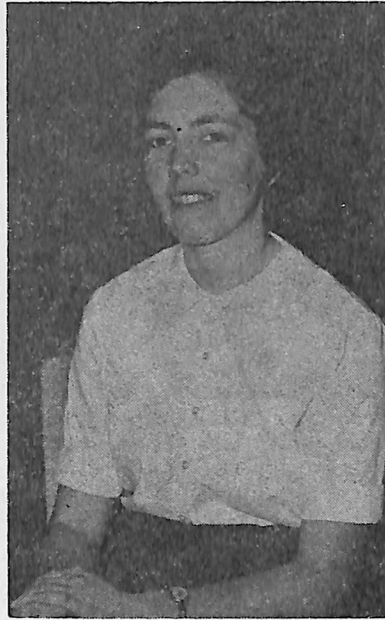
Her first impression was "the kindness of the Americans. They show much hospitality." And of Dana, she says, "It was just as I thought and had seen in the pictures. But it seems so large and spread out." In Denmark land is at a premium and hence, the buildings are much closer.

In addition to her instructional duties Miss Christiansen is also taking courses in American Literature and Introduction to Education. She also is responsible for starting the Gymnastic Team here last December. "It's purpose," she explains, "is for better physical fitness and to show Danish gymnastics. This type of program develops grace and is designed just for women." She sees U. S. people as generally more physically unfit, but sees the wide variety of the P. E. program interesting but with less emphasis on exercise and physical fitness than found in Europe.

Her favorite hobby is being a girl scout leader. This interest has taken her to the international girl scout headquarters in Switzerland and motivated further interest in international work as part of the girls' movement. Camping and reading are also favorite pass times.

Her advice: "If the opportunity to travel ever presents itself, take it. If you can stay in another country, do it. You learn about other people and also about yourself. You begin to appreciate things at home that you didn't appreciate before."

Before returning to her school in Denmark, Gurli plans a bit of travel to various parts of the United States. And although she is anxious to see her family and friends she says "there has been no time to be homesick."



Miss Gurli Christiansen

## Beneath The Cross

### I Corinthians 2:1-5

In his second year at the seminary, he had been asked to deliver the sermon to his home congregation on the Sunday after Easter. As he spoke of God's love for us in Christ he was momentarily unable to continue. It was an emotional experience most difficult to describe. I know. I was the young man.

It was to happen again, but that which disturbs, is that it hasn't happened of late.

**Where is the blessedness I knew  
When first I saw the Lord?  
Where is the soul-refreshing  
view  
Of Jesus and his word?**

Perhaps it is an occupational hazard; a problem which confronts us all. We spend much time in considering the Word and the teachings of our faith from a purely academic view and we stand in danger of losing sight of the true meaning of faith—"the evidence of things hoped for, the conviction of things not seen."

An instructor in religion told how a young lady, a member of his class who had received a low grade, came to him in tears. "Is this indication of a lack of faith?" she asked.

"You can't measure faith with an academic grade," the teacher assured her. "Your grade is an attempt to measure academically your understanding of a subject. Your faith—no one can measure that."

When Paul wrote to the Corinthians, he was not belittling the academic. To dispense use of the mind in matters religious is to reduce religion to mere superstition. Mere intellectualism is not sufficient. God is not a proposition to be proved. Faith is not born in a test tube, nor through scientific formula. "Your faith (does) not rest in the wisdom of men but in the power of God."

It is a truth we would do well to remember as we stand near the Cross. What happened there and why can never be fully understood. If it could, it would rest outside the realm of faith. Let us then come to the Cross in the spirit of him who cried: "Lord, I believe; help my unbelief!" (Mark 9:24).

Harold G. Becker

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Pictured above is the 1963 Touring Choir which toured parts of Iowa and Wisconsin in January. Additional members have been added for the presentation of "The St. Matthew Passion."

## 812 Kellogg Books Added to Library

Progress has been made in the acquisition of books for the Dana College Library made possible through the Kellogg Book Fund. A check on March 21st showed the following break up of purchases:

Subject Area	No. of Books
Reference .....	10
Fiction .....	20
Philosophy and Psychology ..	21
Religion .....	9
Sociology .....	33
Economics, Politics and Government .....	87
Education .....	120
Marriage and Family .....	9
Holidays and Folklore .....	8
Languages .....	11
Science .....	62
Art .....	53
Music .....	68
Drama .....	7
Athletics .....	3
Literature .....	114
Culture and Travel .....	13
Biography .....	62
History .....	71
For Elementary Library .....	23

These 812 volumes worth \$4,430 plus those purchased through the regular library fund have added to the library numerically and in the scope of subject matter covered, both of which benefit students and faculty.

## Alpha Chi Students Attend Convention

For the first time, the Dana chapter of Alpha Chi is sending representatives to the Alpha Chi National Convention which is to be held this year on March 29 and 30 in Wichita Falls, Texas, home of Texas Midwestern University. Delegates to the 34th annual meeting are Janet Francis, Liz Nielsen and Sidney Larson.

Another first is the fact that the girls will be flown to the convention by private plane piloted by Dr. Lehmer. The group left from Omaha on the 28th and will fly back Saturday afternoon.

## This Week In Chapel

- Monday, April 1—Peace Corps: Mr. James T. Walls
- Tuesday, April 2—Mr. Eichhorst
- Wednesday, April 3—Mr. Eichhorst
- Friday, April 5—Rev. Marius Jorgensen

## Fine Foods

Dine at

**YOUNG'S CAFE**

## Choir Presents 'The St. Matthew Passion'

Johann Sebastian Bach's **The Passion of Our Lord According to St. Matthew** will be presented by the Dana College Choir, under the direction of Professor Paul E. Neve, on Tuesday, April 2nd, at 8:00 p.m. in Alumni Memorial Auditorium.

Soloists for the performance are David Carlson, director of vocal music at Blair High School, as Jesus; Charles Jorgenson—Judas; John Hill—Evangelist (part I); Arden Dorn—Evangelist (part II); Helmut Schaeztle—High Priest; Jerry Jorgenson—High Priest; Karl Petersen—Pilate; and Mary Jane Clausen—Pilate's wife. Other soloists are Jean Gebhart, Janet Hansen,

Marlene Toft, Judy Johnson and Elizabeth Nielsen. Mrs. Mildred Slocum of the voice department is in charge of the soloists.

Accompanists for the program are Marlene Toft, Jerry Kirkegaard, Vivian Jenkins, and Cheryl Dietz—piano; Kay Glasnapp and Earland Estes—organ.

Written in 1729, **St. Matthew's Passion** was first performed on Good Friday of that year in St. Thomas' Church, Leipzig, Germany, where Bach held a three-fold task as composer, organist and conductor. On the 100th anniversary of its production the work was performed in Berlin under the direction of Felix Mendelssohn.

The oratorio was first introduced to England by the Bach Society of London on April 6, 1854. In 1862, the same society brought out the first English edition of the work, bringing it within more immediate reach of the English public.

On Maundy Thursday, 1871, it was performed in Westminster Abbey, an event greatly responsible for the increasingly popular musical services (with orchestra) that have since taken place in the churches and cathedrals of England. The work was introduced to the United States by the Handel and Hadyn Society of Boston on May 8, 1874.

## Dana Board of Regents Approves Preliminary Plans for Holling Hall

Dr. Sidney Rand, Board of College Education, Minneapolis, addressed the first business meeting of the Dana Board of Regents as they met for their annual spring session held on campus March 18 and 19. Three new board members were present at this meeting: Mr. E. A. Nielsen, Mission, Kansas; Mr. Carl Gustafson, Denver, Colorado; and Mr. Irving Jensen, Sioux City, Iowa.

Dr. R. H. Riensche resigned from the board because he has moved from the Central District to Waverly, Iowa. Since there are presently representatives from the Iowa district on the board, his resignation was accepted. The administration will present names of persons from this area to fill the vacancy. This appointment will be subject to Board approval at their fall meeting, November 4 and 5.

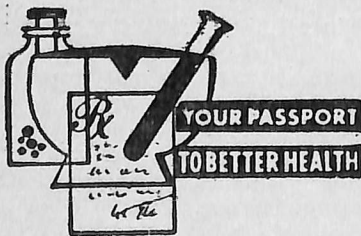
The 1963-64 budget for \$941,115 was approved. This represents an increase of \$54,000 over the 62-63 operating budget.

The architect's preliminary plans and specifications for **Holling Hall** received the board's approval. The administration was directed to proceed with financial arrangements with the Housing and Home Finance Agency of the Federal government. The dorm, which will house 150 men, is estimated to cost \$400,000. It is hoped plans will be advanced soon in order to call for bids and to begin construction by early summer. September, 1964, has been tentatively set as the completion date.

The purchase of Paine property was approved by the board. This land adjoins the campus south of Omaha Village. There are no immediate plans for developing this area of four and one-half acres.

The Board authorized the administration to propose names for the existing North and South Halls. These names, probably of early pioneer founders, will be presented for approval at the November meeting.

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# Headaches, Rewards--Part of Conference Plans for Herb

There are great rewards but also many headaches for Herb Knudsen, chairman of the 1963 ALC Student Conference. It all started at last year's conference held at Wartburg College. During a planning session representatives from member colleges bid to offer their facilities. Herb spoke of Dana's central location and other advantages and got the bid and also the task of chairman.



Then in May of 1962 the board of coordinators met and decided on a theme. Various speakers were considered and decided upon later in the year. Included in the group of well-knowns will be Dr. John Bachman representing literature, William Stringfellow, outstanding layman and businessman and Jesse Owens, well known athlete. Mr. Owen replaces Jackie Robinson who is sidelined due to a knee injury.

With the top level planning well on the way it was up to Herb to begin the campus planning. So committees were organized represented by six council members and six students from the student body at large. These people thus assumed the responsibility of further organizing and planning.

Since early January this steering committee has met every week, outlining jobs and the program and "getting the bugs out." Herb estimates he himself has spent upward of 200 hours in preparation.

"The main purpose," according to Knudsen, "is to become aware of the role of the church in various areas—the role it should take. Our generation is facing problems and often has a false concept of values. We are faced with dehumanization to the point where we laugh off religion—we are afraid to get involved; we stay on the outside and have no deep experience. To have an experience of this type we need wholehearted participation rather than merely sitting aloof."

"In a conference of this type the main value is to the delegates. But they should take it back and bring it to the students, which is difficult and often not done." "Therefore," he continues, "I challenge each delegate with the responsibility as a school representative to take back ideas and concerns discussed here and make your college campus aware as we have been of these concerns."

Says Herb, "It is rewarding to have such a fine committee working with me, but the major reward lies ahead in what the student gets out of the conference."

—Dale Jensen

# Important Changes Walls Speaks for In 1963-64 Catalog Peace Corps Day

Now on the press, the 1963-64 Dana College Catalog will be available to students within several days. Numerous changes in this edition will be of interest to students.

In the area of general requirements, geography is now included in the courses fulfilling the social science requirement.

Several new majors have been added, bringing the total of majors to 18. Language majors requiring 30 hours of study are available in German and Spanish. Besides the previous music area major, a 34-hour music major, which requires a minor, has now been formed.

The business administration department has been reorganized so that area majors are now available in accounting, business education, business administration and economics.

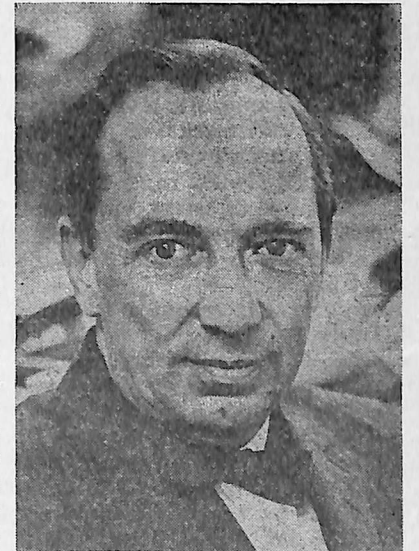
Elementary education is now a minor, and it includes the professional courses plus History 201 and 202, Political Science 218, English 205 or 206 and Geography.

Some changes in individual departments include a botany course and a course in Biological Methods in the biology department; the expansion of art history into a two semester course and the subsequent dropping of art appreciation; the dropping of several introductory math courses and including a five-hour introduction to math course and the addition to the sociology department a 300 level course in Sociological Theory.

Besides the blue section of study programs for liberal arts majors, the new catalog will have a yellow section of study programs for prospective teachers.

Mr. James T. Walls, Public Information Officer for the Peace Corps, will visit Dana on Monday, April 1, to meet with students and faculty members who are interested in Peace Corps service.

Walls has just returned from a tour of Peace Corps projects throughout Asia and Africa. In 1945-46 he was an advisor to the Korean Education Ministry for the U. S. occupation forces. During the ten years prior to joining the Peace Corps staff, Walls was a reporter and editor for the San Francisco CHRONICLE.



Highlighting the representative's appearance on campus will be a special program in Doctors' Auditorium featuring the film "The Peace Corps." The film will be shown at 7:30 p.m. after which a panel will discuss possibilities and problems of the Peace Corps volunteer.

Mr. Walls will also speak in chapel Monday morning, April 1, and visit several classes throughout the day. During his stay he will be available for consultation about individual problems and questions concerning Peace Corps service.

Anyone interested in further information about the Peace Corps or Mr. Walls' visit should contact Mr. Emmerich in Pioneer Memorial 307.

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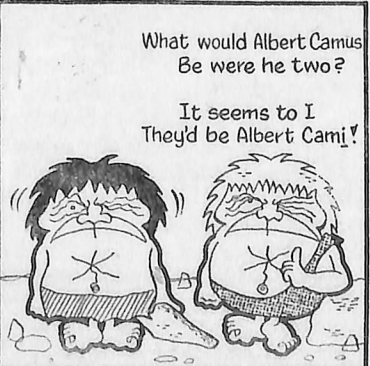
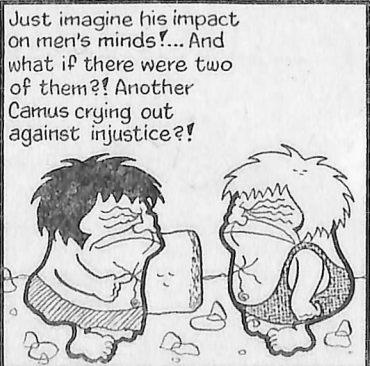
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# Does Physical Fitness Fit Into Your Schedule?

## What is Physical Fitness? Isn't nearly everyone on the campus physically fit?

Physical fitness is a state of well being and is related to the mental, moral and spiritual make-up of an individual. Physical fitness provides an individual with abundant energy to not only complete the required daily tasks but have an energy reserve for recreational pursuits. It is qualitative rather than quantitative. With a high level of physical fitness an individual has the power to recover rapidly after exerting himself.

## What is the value of being physically fit?

Health, happiness and activity are the trademarks of physical fitness. These include good posture, good looks and vivacity. The ability to meet emotional, moral and physical challenges at all times is necessary to the good life.

## How can one acquire physical fitness?

Adequate diet, rest and recreation should be an essential part of daily living.

The daily schedule should be planned so that time is provided for school assignments and other activities as well. Some college students get their days and nights confused. They sleep when they should be eating breakfast, study when they should be sleeping and are involved in "loafing activities" when they should be studying.

According to an extensive study on nutrition conducted at the State University of Iowa, breakfast is the most important meal of the day.

The amount of sleep needed by individuals varies considerably. Edison got along on only three or four hours sleep a night. Generally speaking less sleep is needed after the age of physical maturity has been reached.

Time for recreation should be scheduled and a real effort made to get at least 30 to 45 minutes of participation in an active recreational activity each day.

## How do the supervised college programs contribute to physical fitness?

The intercollegiate program satisfies the need for daily physical activity for the student who is athletically gifted.

Intramurals provide opportunities for students and faculty members interested in team activities. This occurs only weekly or semi-weekly.

The required physical education program which involves students twice a week during their freshmen and sophomore years can satisfy only two-sevenths of the total need for activity. The main purpose of this program is to provide a background of knowledge and skills in a variety of exercises, sports and games. It is expected that this "introduction" will produce or possibly plant the "seeds of interest" in at least one type of activity for each season of the year.

Recreation facilities and equipment are made available to students during leisure time periods but for practical reasons, demand has to dictate availability. At the beginning of the year the swimming pool and the recreation area were open every afternoon and evening for a total of four hours each day. When the facilities were not used the schedule was reduced to Thursday evening and Sunday afternoon.

## What can I do as a college student to maintain a high level of physical fitness?

1. Plan a daily recreation schedule for days when intramurals or physical education class does not meet.

2. Fill out the questionnaire (with this issue of **Hermes**) for the spring recreation schedule for Borup.

3. Work the plan.

## SCHEDULES

### Baseball

April 3—here—Morningside (2)  
 April 6—at—Northwestern (2)  
 April 9—here—St. Cloud (2)  
 April 18—at—Creighton (1)  
 April 20—here—Yankton (2)  
 April 27—here—Concordia (2)  
 April 29—at—Wesleyan (1)  
 May 4—at—Midland (2)  
 May 8—here—Wesleyan (1)  
 May 11—here—Westmar (2)

### Track

April 5—Tri-school meet at Wesleyan: Midland and Dana  
 April 10—Tri-school meet at Dana: Doane and Concordia  
 April 17—at Midland Relays  
 April 24—"W" Club meet at Wesleyan  
 May 1—dual at Dana—Westmar  
 May 4—at Rock Island Relays  
 May 7—dual at Concordia  
 May 11—at Doane Relays  
 May 17—Tri-State at Westmar

## Knudsen Awarded \$200 Scholarship Faculty Members Receive Promotions

A \$200 scholarship was awarded to Herb Knudsen, Dana College Student Body President, by the Lutheran Brotherhood. This scholarship will be applied to the expenses of 1963 European Study Project sponsored by the National Lutheran Council.

The Study Project is centered around two main events: (1) the World Lutheran Student Conference to be held at Järvenpää, Finland, July 23-29 and (2) the Helsinki Assembly of the Lutheran World Federation, July 30-August 10.

Included in the pre-conference itinerary are Italy, Germany, Russia, France, Switzerland and the Scandinavian countries.

Herb will leave for the Study Project on June 21, 1963.

At the recent Board of Regents meeting held on campus several faculty members were granted promotions. Those promoted to the rank of Professor were Rev. William Thomsen (art) and Dr. Gordon Ferguson (language).

Miss Elja McCullough (education) and Mr. Gilbert Ragan (business administration) were promoted to Associate Professorships.

The following eight faculty members were granted tenure: Dr. Donald Lehmer (sociology), Dr. Marie Tucker (biology), Dr. Wayne Wise (music), Mr. Kieth Skogman (physical education), Mr. D. J. Tweton (history), Mr. Gilbert Ragan (business administration) and Miss Luella Nielsen (English).

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