

# THE HERMES

Vol. LX, Issue 8

Dana College, Blair, Nebraska 68008

Friday, March 21, 1980

## Dana College Given Land Valued At Quarter Of A Million Dollars

Dana College President James Kallas has announced that Dr. and Mrs. Omer Reed, of Phoenix, Arizona, have deeded a section and a half of land totaling 960 acres, and appraised at \$250 an acre, to the College. Kallas said that the parcel's retail value of \$240,000 makes the gift one of the largest Dana has received in its near-100 year history.

A Phoenix dentist, Reed has been a member of the Dana Board of Regents since 1978, and before that was a regent at California Lutheran College. Mrs. Reed is a native Nebraskan, born and raised in Beatrice, and she and her husband are long-time friends and supporters of Christian higher education, Kallas said.

Because of a friendship of almost 20 years with President and Mrs. Kallas, and because of the Reeds' conviction that there should be a president's residence on the Dana campus, they have earmarked their gift to cover the costs of such a construction.

In accepting the gift, on behalf of the college, President Kallas called attention to the admirable and impressive philanthropic history of the Reeds, indicating that this is but the most recent in a continuing series of extraordinarily generous gifts they have made over the years to schools such as Dana.

"We are grateful," Kallas said, "for this tangible and concrete evidence of com-

mitment to the cause of Christ in the arena of education. Dana College needs and depends upon the support of selfless persons, such as the Reeds, who have seen the vision of serving Christ in the classroom. We praise and thank God for their generous help!"

### Marathon is Nearing

The 1980 Muscular Dystrophy Dance Marathon is coming soon. The 24 hour dance starts April 11 at 6:00 P.M. and ends at 6:00 P.M. on Saturday April 12. The dance is shorter than last year's which was 30 hours long. The Superdance is sponsored by KXA fraternity and KΘΨ sorority and will take place in Borup Coliseum.

Registration has already started and is open to anyone who wishes to dance. There is a \$7.50 registration fee for each couple and everyone receives a t-shirt, rules and pledge cards. This year the couple that raises the most money wins two portable black and white television sets. There are also many other prizes to be won.

There are many activities planned throughout the 24 hours. Rex Heading a country rock band, will play Friday night and Sandcastle is playing Saturday afternoon. A limbo contest, a campus snake dance and the annual goldfish-swallowing contest are also on his schedule.

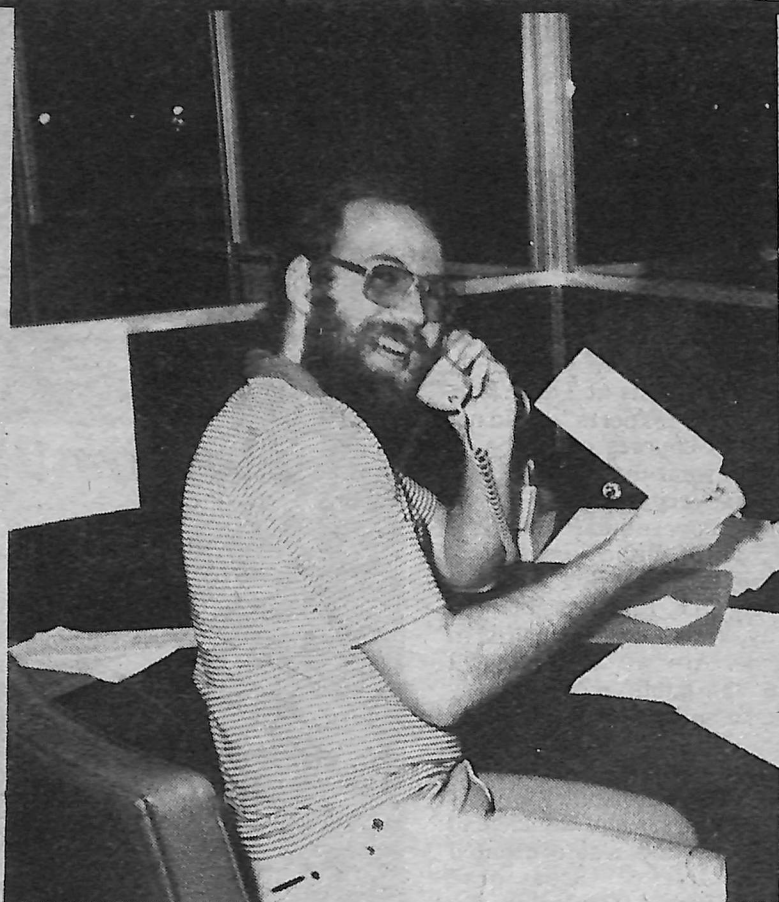
April is coming soon, so be sure to grab a partner and sign up in the center or contact any KΘΨ or KXA member for information.

### Dance the Night Away For Jerry's Kids

### German Students Plan Convention

The weekend following Spring Break promises to be a busy one for many students on Campus. Not only will students be taking part in the Dance Marathon and Parents Day, but the German Club will be hosting a convention of Nebraska German Students.

On April 11, approximately one hundred high school students from surrounding communities will convene for a "Faschingsball" and an evening of dancing, fun, socializing, and German! A few highlights of the evening will be a performance by the Danish Dancers, a folk dance contest, and a German play contest from the schools in



Gary Beltz, '80, is shown as he makes the phone call which placed PHONORAMA over its 1980 goal of \$150,000.

## PHONORAMA Hits Goal

It was volunteer Gary Beltz, D'80, who made the March 6 telephone call which carried PHONORAMA '80 over its 1980 goal of \$150,000. Gary was calling Miss Jand DeVasure, D'77, who lives in Omaha - and her 1979-80 pledge did the job.

Gary is also chairman of the 1979-80 school year "Student Development Committee." Rev. John Beck, Director of Alumni Affairs, and Mrs. Sharon Gordon, Administrative Assistant to the Director of College Relations, are staff advisors to the student-led committee.

More than thirty students called in six different Phonorama events. Students

raised more than \$10,000 for Dana this year.

Participating were: Denise Folkerts, Barbara Faris, Kitty Wooley, Julie Johnson, Mogens Knudsen, Al Pedersen, Kathy Gerking, Evelyn Madsen, Mark Walth, Mike Von Hollen, Mary Rowland, Tera Nohrenberg, Cheryl Lustgraaf, Mary Heistand, Bruce Bro, Arvis Wright, Merle Brockhoff, Deb Aldag, Rhonda Wellsandt, Sandy Stellyes, Liz Falksen, Darla Hintz, Ellen Hamann, Paul Madsen, Pam Larsen, Margie West, John Ragan, Sheryl Kester, Carol Radke, Ruth Behrens, Lori Neve, and Gary Beltz.

## Last Theologian is Macquarrie

The last visiting theologian in the 1979-1980 Visiting Theologians Program will be Dr. John Macquarrie. Dr. Macquarrie is a member of the Faculty of Theology, University of Oxford, England. He will visit the Dana Campus from Monday, April 14 through Friday April 18.

Dr. Macquarrie was born in Scotland and received his college education at the University of Glasgow. He was ordained in the Episcopal Church and served as a chaplain in the British army from 1945 until 1948. In 1948 he became pastor of St. Ninian's Church, Brechin, Scotland, and served there until 1953. From 1953 until 1962 he was a lecturer in Systematic Theology at the University of Glasgow and from 1962 until 1970, Professor of Systematic Theology at Union Theological Seminary in New York. In 1970 he was appointed to his present position, Lady Margaret Professor of Divinity and Canon of Christ Church at Oxford. He is the author of numerous articles and books.

In his series of presentations at Dana Dr. Macquarrie will discuss the general topic, "Aspects of Being Human." He will speak each evening, Monday through Friday, beginning at 8 p.m. in the Doctors Auditorium of the C.A. Dana Hall of Science. Admission is free.

## Meeting Discusses Policy

On Wednesday, March 12, there was a special meeting of the Student Senate in which President Kallas was invited to explain what was going on around the alcohol policy.

About fifty students attended the meeting, and Kallas started by saying that he was disturbed and unhappy about another subject that has caused a stir on campus. Kallas stated that he had never vetoed an increase in Student Body Dues, but he had rejected the reasons for an increase that were presented by Bruce Bro. In the budget that had been submitted he saw no reason for an increase, but Dr. Kallas left the door open for later increases if they are found necessary. Dr. Kallas said that it was against his whole nature to veto such a proposition, but he would not accept unnecessary increases.

The discussion then changed to the alcohol policy, and Dr. Kallas explained that the only reason we were discussing the change was the decision by the Nebraska Unicameral to

change the legal drinking age from 19 to 20. Dr. Kallas said that he thought the present policy has worked relatively well, and explained that although he personally doesn't like the policy he would not have brought up the question had the law not been changed in Nebraska.

Dr. Kallas excused the use of the word "youngster" in the letter that he had sent to all parents, and explained that he had not meant to be derogatory. He said that the letter was just part of an information gathering that would also include faculty and staff, and also the students, who have already received a letter. Dr. Kallas said that he had no idea how the new policy would be, but said that possibly the only change would be a change from 19 to 20 for the legal drinking age on Campus. The final decision on the matter will be made by the Board of Regents, and the earliest date for a decision will be the middle of May.

If you have not yet submitted your entries to this year's **Sower**, please do so immediately. The **Sower** is an annual publication which features the best of your poetry, prose and artwork.

The deadline for poetry and prose is March 22. Submit your entries to Kathy Swensen (Box 955, campus mail).

The deadline for submission of artwork is March 21. Contact James Olsen, ext. 313.

Dean Bruce Berquist is pleased to announce head residents for the 1980-81 school year. Those chosen and their respective halls are as follows:

Argo Hall-Paulette Strecker  
Holling Hall-Marc Gengenbach  
Mickelsen Hall-Mrs. Esta Deets  
Rasmussen Hall-Dave Jensen

Blair Hall will have a live-in head resident next year. No one has been hired for this position at this time.

## New Senate

Dana College sophomore Mogens Knudsen, a student from Herning, Denmark, has been elected president of the Dana student body for the 1980-81 school year.

Dana students have elected their student government leaders since 1924; Knudsen is the first foreign student to be elected president.

A graduate of Herning Gymnasium, Knudsen enrolled as a freshman at Dana in September, 1978, intending to study in the U.S. for only one year. Since then, he has decided to complete his bachelor's degree in the English language and literature at Dana.

Other newly elected student government officers at Dana



Mogens Knudsen is new president. are Scott Rasmussen, Blair, vice-president; Renae Claussen, Denison, Iowa, secretary; and Colleen Dutch, Omaha, treasurer.

## ATTENTION SENIORS!!

Do you have an interest in an 8% investment account, minimum deposit of \$10.00 per month? Would you like to create a savings plus protection account you can afford today? If you are interested, I'd like to give you some information which could help you financially for years to come. Call me today for a free investment counseling session - Helen Lallman 402/571:2938 or 402/558-2020. Direct all inquiries to the following

HELEN LALLMAN or  
DAVID W. FINSTAD  
Fidelity Union Life  
5002 Dodge St.  
Suite #203

Omaha, NE 68132

# Nuclear Power — Is It Safe?

I do not believe that this country can continue to safely service its people much longer with nuclear fueled power plants. Almost daily we hear of problems in nuclear plants calling for shutdowns, investigations and so on. Our nuclear technology has gone beyond what we can handle in the case of a full scale emergency. This was demonstrated very plainly during the crisis at Three Mile Island; the "experts" could not agree on courses of action or even on what the problem was and its severity.

The government officials and the public constantly received conflicting reports leaving the question of who really knows, and who is in charge. Are we in charge? I think the public has had very little to say about our nuclear policies.

What about nuclear waste; where do we store it safely for 240,000 years, as in the case of plutonium, the waste created by nuclear reactors? Plutonium is not only lethally radioactive, but is used in the making of atomic weapons. Even if we do find a "safe" place to store radioactive waste many states have prohibited such dumping and transporting of nuclear waste.

If you believe that nuclear power should be stopped before it is too late, I urge you to become involved in the cause to peacefully halt further nuclear exploitation. This can be done through civic nation wide movements whose aim is to abolish nuclear power.

If you believe nuclear power is still the answer, I hope you will honestly consider the potential threat it has to you and those around you.

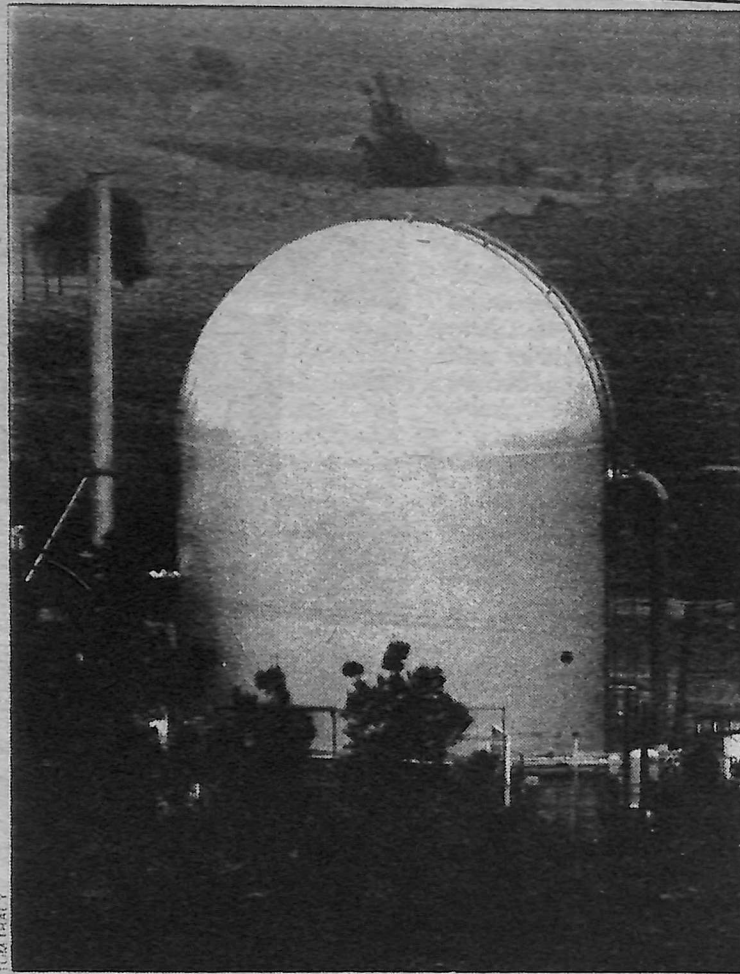
Michael Keenan

The nuclear energy problem is analogous to a case of syphilis. The initial symptoms are rarely noticed. The unwary victim may not feel the effects for years, while the virus is destroying the central nervous system. The result may be "merely" crippling -- or paralysis or death.

The United States has become increasingly dependant on the "peaceful atom," an industry fostered under the protective wing of the Defense Department, which generated the Atomic Energy Commission. Nuclear reactors in operation number over one hundred, and more are in the planning and construction stages. Construction and maintenance of these reactors costs us billions of dollars per year.

Nuclear reactors emit several forms of radiation which cause cancer and genetic damage. Radioactive waste products are created in tremendous quantities. The deadliest is plutonium, with a half-life of 24,400 years -- which means that it is lethal for 240,000 years! These wastes must be somehow disposed of, since they cannot be recycled or broken down into non-radioactive elements. The initial cost to store these by-products is enormous, and storage units in use for only twenty years are already starting to disintegrate. And there have been many "accidents"...

Aside from scarring the face



A few years ago electric utility corporations were projecting a need to double their output every seven to nine years. A simple projection of that doubling rate would require more than a million plants in the area now served by Fort Calhoun No. 1 in 140 to 180 years! Try it. Start with one plant and double it 20 times ...1...2...4...8...16...etc.

It is obvious that something is wrong. We waste wantonly. Just minutes after I was asked to write this piece, I walked into the men's room in the Student Center. There, the hot water tap on one of the sinks was flowing freely. Hot water (energy) was running down the drain. One could find a thousand examples of this sort every day right here on our campus. Lights burning in unoccupied rooms, 54 four-foot florescent bulbs glowing in a laboratory where one student does make-up work in a corner, unrecycled aluminum cans, waste paper hauled to the landfill, are examples of energy waste that could easily and inexpensively be remedied.

Do we need nuclear power? I think not! First, if all the nuclear power plants now planned were to materialize, indications are that there is a uranium reserve sufficient to last only some twenty-five to thirty years. Second, electricity is our least efficient means of utilizing the energy potential present in energy resources. (Only about 30 percent of the energy fed into an electrical generation system is ultimately delivered.) Third, nuclear energy power generation is not inexpensive, nuclear power proponents'

or the earth, the search for uranium ore (the fuel for nuclear reactors) has another serious side-effect. Uranium gives off radon gas. The breakdown of this gas releases cancer-causing radioactive particles into the air. Uranium miners have an abnormally high cancer rate.

With all these inherent dangers, why is it that we do not spend those billions earmarked for nuclear development on the

claims to the contrary notwithstanding. Your friendly utility uses accounting methods that speak only of fuel cost. Not included are the costs of more highly paid engineers and technicians, the costs of shut-downs for routine maintenance and refueling, to say nothing of enforced shut-downs required of a far less than perfect technology, the costs of plant construction (always higher than other generation facilities on a kilowatt hour basis), and finally the costs of decommissioning once the plant has fulfilled its life-expectancy of some twenty-five years. As of now we don't even have any idea about what we'll do with the radioactive wastes we're now producing. How can we ever cope with the disposal of whole plants?

It is the high cost of generation of electricity that brought on the cancellation of five plants in January 1980: one (Sterling) at Rochester, N.Y., two (Davis-Besse 1 and Davis-Besse 2) by Toledo Edison, and two (Erie 1 and Erie 2) by Ohio Edison. Then, for a real economic debacle, consider the tribulations of Metropolitan Edison and its Three Mile Island plant. Let you think that TMI is "way back East" and doesn't affect you, be reminded that Omaha Public Power District belongs to a mutual aid pact that helps sister nuclear utilities in case of catastrophe. Such aid monies must be generated from OPPD's customers.

George E. Grube  
Director,  
Environmental Studies

development of safer energy sources, such as solar power?

We must become aware of the dangerous symptoms of the nuclear virus. We must guard against the proponents of the nuclear industry and their propagandizing. Those who spread the nuclear virus through this country's nervous system are those who would cover up nuclear "accidents" in order to promote an industry profitable only to power-hungry corporations. These

What do I think about nuclear power?? That is a very good question and one I would like to try to answer. To talk simply about nuclear power means relatively nothing to me because fission and fusion (the two basic types of nuclear power) are as different as night and day. I would like to state right off that I am a

If given half an opportunity, I will spend hours, days, and months on the subject of nuclear power. Now I try to take an educated and logical look at this explosive issue, but I won't claim to be an expert. I also won't claim that emotion and anxiety play no part in the dilemma. Yet try as hard as I might, I cannot deny that I am SCARED.

As a debater in high school, I was, for the most part, a pro-nuker. I was told that the chances for mechanical error that could cause a major nuclear accident were 1,000,000 to 1. Note the words "mechanical error." Somehow in the twentieth Century, we have placed our intellectuals and technologists next to God, and we don't CREDIT them with that human flaw that even a scientist can make a mistake. The disaster at Three Mile Island was not a mechanical error. As Stewart Diamond told this campus last spring, humans (though well-educated and trained I am sure) believed themselves infallible and more knowledgeable.

Even more terrifying are the feelings I got after watching **The Plutonium Incident** on T.V. last week. Granted, T.V. shows are often sensationalized for the sake of selling air time, but the guts of this show exemplifies my fears.

One of the major factors we have to contend with is the question of wastes. Half lives for elements used to generate power range up to 240,000 years. There aren't many of us that will still be around to report the lethality of our "clean" means of energy. The contaminated garbage we will compile by the year 2000 will be enough to pave a four lane highway a foot thick from New York to California. Is this the energy path we leave for our descendants? Until an effective method is devised to protect us, our environment and the potential of future generations, nuclear power needs to become a thing of the past.

We need a soft energy path that utilizes our resources safely and efficiently. I join the Musicians United for Safer Energy and ask:

Give me the warm power of the sun

Give me the steady flow of the waterfall

Give me the spirit of living things...

Give me the restless power of the wind...

Patty Reed

persons are encouraging an industry which, by its very nature, could lead to surveillance of dissenting factions and development of a near police-state. The symptoms must be treated, and the virus eradicated, so the earth does not end up crippled... or dead.

sandra Barnum

proponent of nuclear energy which seems as unpopular in this society as virginity, marriage and the draft.

A nuclear fission reactor is basically one in which atoms are bombarded by subatomic particles and split apart. The resulting atoms have less total weight than the original atom. The last mass is turned into energy. In this case, the beginning fuel is radioactive and the waste products are also radioactive. This poses the major problem of how to handle the waste. This seems to be the point where I run into difficulty with fission reactors.

There are two ways we can handle nuclear fission waste. One is to find a suitable completely safe way to store it until it poses no threat to our environment. I find this an unsuitable answer to the problem. The other available way to handle nuclear fission waste is to reprocess it. This involved a very lengthy process whereby any unreacted uranium and the plutonium are recovered from the waste and can be used again. At the present, this is not feasible economically.

As to my personal feelings about fission, I think it is a safe viable energy source for the future generations on this planet. It is not however the only energy source worth seeking. I think our answer to the energy problem lies not in fission but fusion, and I think our efforts should be directed to fusion.

At the present time most fusion research is performed with two forms of hydrogen, deuterium and tritium. Of these, only the tritium is radioactive. These two fuels are readily available to us. Deuterium is relatively abundant in sea water. Each gallon of sea water contains one-eight gram of deuterium which can be converted into the energy equivalent of 1,100 liters of gasoline. Tritium does not exist freely in nature but can be produced by bombarding lithium (which can be extracted in large quantities from rocks or sea water) with neutrons.

The result of a fusion of deuterium and tritium is helium, which is not radioactive. This is the biggest selling point for fusion.

In theory, this sounds real nice. After all, the sun and stars use fusion to generate their energy. In practice however fusion is very hard to perform. There have been great strides made toward the answer and I am confident that fusion will be economically feasible in the near future.

As Aldous Huxley once said, "Facts do not cease to exist because they are ignored." The fact is we have an ever increasing requirement for energy from a planet with finite resources.

I think nuclear energy especially fusion is a part of that answer. I don't think it is the whole answer. Solar, wind, and water power must also enter into the picture. These three sources cannot however carry the weight of the energy cross we have created. We must open our eyes and minds and see the answer that is before us, and use it to our best capabilities. Nuclear power has its problems, but it is still an infant. Let it mature -- give it a chance. Gary Beltz

# Ombudsman



Dear Big O,

I have a problem that I have tried to deal with on my own for several months now; but alas, I am at the end of my rope.

My roommate keeps borrowing my electric yellow socks without asking. He then washes them so it will appear he never used them. When he washes them in the machine they short out and turn green. He then cannot figure out how I know he uses them. I ask him not to wash them, but to no avail. I would not mind if he wore them occasionally, as long as he didn't machine wash them. I don't know what to do. I've even tried hot-wiring them. It doesn't work - he likes the excitement. I've tried sewing them together and he uses them with a hop. Please help - what can I do?

Signed,  
Glad He Doesn't Use Bleach

decided to assume the role of Ombudsman, is to give advise.

Since cases such as this have been springing up around the country rather extravagant means of dealing with the problem are developing. One means is the EYSSA (Electric Yellow Socks Stealers Anonymous). Information about EYSSA can be obtained by writing Holysock Dr. Bendedtoe Alabama.

Another option is to purchase an Elyosoguard the Elyosoguards protects the sock after it is safely concealed inside. Elyosoguards are about two "feet" big.

If you feel your roommate can be trusted you could allow him to borrow the socks. The

borrower could then be instructed about the proper care and responsibility which the usage of electric yellow socks maintains. If the roommate does not have a lot of sock sense possibly Feb. 30 would be a good day to allow them to be borrowed.

My last words of advise are don't use force "socking" it to 'em. It rarely works in the long run. You also mentioned in your letter that you were near the end of your rope. For that I say remember no noose is good noose. Also, remember the story of the person who had his electric yellow socks returned in the form of golfers socks. They had 18 holes.

The Ombudsman

Metropolitan Life and Casualty Insurance Company wants to interview seniors interested in selling careers. Mr. Bill Voelker, their representative, will be on campus April 15, 1980 to interview prospective insurance salesmen. Contact the Placement Office, Old Main 314, Ext. 316 if you wish to sign up for an interview.

All current Sophomore women who are majoring in Economics, Pre-Medicine, Pre-Dentistry, or Pre-Pharmacy are urged to apply for the Priors Club of Nebraska Scholarship.

This is a \$300 Scholarship which is credited at \$150 per semester. Applicants must be residents of Nebraska.

Please stop in the Financial Aid Office for details and applications.

I warned you at the beginning of the year. Several of you laughed and jeered but it has really happened. The unthinkable has struck Dana College. One of the notorious Electric Yellow Sock Capers.

The case is fairly routine, the socks have been being "borrowed" by the roommate. My assignment, since I have

## Sorority Speaks

Spring is here! Kappa Theta Phi increases in activities as always! The spring pledge training is over half-way over! Keep up the good work girls!

Traci, Carol, Jill, Leslie and Dee put on a great formal tea last Sunday. You're a super pledge class so keep those lines of communication open and Remember the eyes of the actives are upon you!

On the Intramural scene are actives Shari Sorensen, Jennifer Ivers, Beth Jorgensen, Shari John, Jo Roberts, Mari Barry and Amy Hansen in girls basketball. Collegiately actives Lynae Vanderveil, Teresa Michelsen, Felicia Collins, Shiela Hinds, Peg

Coonce and Penny Hinline are preparing for softball this season. For other actives, love is in the air ... (smile Julie!)

Beth Jorgensen's sister Patti and friends were up for St. Patrick's Day, and a 13-hour celebration followed. This weekend Kappa Chi Lambda fraternity is sponsoring a bowling sweepster and food at the Plum Tree.

Both KΘΦ and KΧΑ are working on the Dance Marathon which will be held the weekend following Spring Break. Live music will be featured at least three times during the 24 hours. There will be awards and the traditional auction. Sign up soon and dance for those who can't.

## Scuba

Remember talking about that return trip? Well, we won't be heading for Grand Cayman but we can become Open Water Divers.

Two more dives in fresh water will give us the experience we need. The proposition is to go to Beaver Lake one weekend soon. We could go to Tablerock, MO., but financially Beaver Lake would be adequate. We won't have to pay for the instruction, only gear rental. We need to get organized soon so if you're interested let me know (Sheri John Ext. 331) when would be good weekends for you. That way I can reach a consensus day and let Ray know what's best for us.

Also, I know that the evaluation forms are very important to Ray. If you like, please mail your evaluations to me in Campus Mail and I'll mail them all to Ray. Our input is important so please respond. Sheri John



## "Crucible" is Successful

"The Crucible," a play written by Arthur Miller, was presented by the Dana Players the weekend of March 14-16.

"The Crucible" is a dramatization of the infamous Salem witch trials of 1692. It shows the injustice and hypocrisy that ran rampant in the Salem of the late 17th century.

Certain girls of the village are accused of dancing naked in the woods and conjuring up the devil. To vindicate themselves, the girls accuse hundreds of Salemites as witches and associates of the devil.

Superstition and hatred spreads through the town. Good people are wrongfully tried and some are sentenced to death.

When one man is willing to stand up against this justice he is stripped of all honor and dignity in the eyes of his wife and the people of Salem. The saving grace of the play is that this man holds onto the only thing he has left, the truth, and stands above those who accuse him.

The production got off to a slow start, yet by Act II the play had gained momentum and the power of the play was evident. Act II was the most crucial, for if the action hadn't caught on, the play would have died on its feet. Act II is also

important because it is there where the decision is made by John Proctor to challenge the court. Act II ended on a very upbeat note.

Act III lagged a bit at the beginning but as the action became more heated the characters became more spirited and the act finished strongly.

In Act IV, the forces of the play come together. The force of blind justice seen in the character of Deputy Governor Danforth, the realization of a love between Proctor and his wife, and the realization of what is truly wrong with the times as seen in the character of Reverend Hale, all of these are masterfully entwined for a fitting climax.

A good job was done by the entire cast, yet some characters did stand out. Abigail Williams, portrayed by Colleen Dutch. John Proctor, portrayed by Steve Appel. Elizabeth Proctor, portrayed by Joanne Hansen, Mary Warren, portrayed by Angela Ankenbauer. Giles Corey, portrayed by Brian Barratt. Reverend John Hale, portrayed by Jerry Christensen.

Congratulations to the Dana Players and their director Sieghard Krueger for a very good and entertaining production. Karlin Olson



## Campus

### Highlights

Dean Bruce Bergquist has announced the 1980-1981 resident assistants for Argo and Mickelsen Halls.

Those resident assistants are as follows:

Argo - Kathy Gerking, Danette Johns  
Mickelsen - Janice Butts, Jann Buckley, Patty Hinline, Mary Erickson, Betsy Mathews.

Other resident assistants will be announced before Spring Break.

Lucinda Sloan, voice instructor at Dana College, recently conducted workshops dealing with "Children in Worship" for Presbytery Day in Avoca, Iowa, for the Presbytery of Missouri Valley, and for an ecumenical group, Christian Educators of Omaha.

Two Dana College students, trumpet player Devon Speck and clarinetist Janelle Siffring, were recently members of the Nebraska Intercollegiate Band.

The band participated in the Nebraska Bandmaster Association convention held in Lincoln March 7 and 8.

Dr. Tom Williams, band director at Dana College, was guest conductor on March 10 at the Corner Conference Band Festival held in Stanton, Iowa.

The Dana College Touring Choir, under the direction of Dr. Paul Neve, will give concerts in Nebraska, Colorado, Kansas, and Missouri communities from Wednesday, March 26 through Friday, April 4. President Kallas will give greetings from Dana at the concerts and will preach at several Lenten and Sunday services.

#### STAFF

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Kathy Gerking

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**I WANNA HOLD YOUR HAND**

March 27 PG

# Off-Season Training Helps To Improve Agility And Strength

by Julie McMahill

Coach Johnson is a firm believer that success in any form of athletics relies on a weight training program and an off-season, year-round program. That is exactly why he established the off-season training program for Dana's football team. "Any athlete is looking to do something to make himself better. With our program, the individual doesn't compete with others, rather it's against himself. When we first tested the team in a weight program (during the first week of season training), I could explain the fact that we only won three games. Yet we physically and mentally beat the other teams. Now, when we add our agility and strength, we will be that much tougher."

## Workouts

The weight is divided into two main categories: weights and agility. The weight program is designed to improve strength and involves four main exercises: bench press, squat, power clean, and dead lift. The agility program is designed to improve coordination and speed and includes routines in: hopscotch, jump rope, and stool chair.

What is the athletes reaction to the work-outs? According to Johnson the feeling is positive. "I believe they thoroughly enjoy it. They don't think of it as a mandatory thing, rather they see it as making them better. It creates more

cohesiveness on the team and builds for the future. There exists a lot of enthusiasm and pride."

## Improvement

Johnson requires the men to be involved in some type of physical activity. If they aren't involved in another sport, then they are on the football program which is carried on year long. The program is adjusted to accommodate the individual's needs. Johnson added "We're not out to create Mr. Universe."

Although attendance is taking daily, Johnson takes into consideration studies: "Studies are always first. If one of the guys has a lot of studying to do, I'll excuse him as long as he informs me."

But what is going to happen this summer? "Each member will receive their own copy of the program. Hopefully they can find a place to lift. If not, we'll set up some other system for them. Everyone will definitely continue with the agility and running program."

## New recruits

And the new recruits? "As soon as a recruit applies and is accepted, we send them a copy of the program."

And the program is working. In agility alone, from November 5 to December 15, there was an increase in jumping from two inches to six inches, which is a definite increase in leg strength. The

weight program began in January and already there are individuals who have improved over 100 pounds in three lifts. This is a confidence builder as well as improving over-all strength. Johnson states that, "When we put it all together, over a period of time we are going to bigger, stronger and faster which means we are going to be more effective during the season. Whenever anyone gets tired, we just ask them to remember the Midland game!"

## Viking Pride

Johnson feels very positive about next year's season and feels we have no where to go but up. "The dedication that the returning Vikings football players are showing in the off-season program indicates their desire to improve in athletics. Dana football is on the upswing and we expect to gain more recognition with the conference which will bring us national recognition."

## Success

And the basketball team, indirectly has influenced all Dana sports, "Possibly the success of the basketball team has affected us all and we hope to carry on the excitement of a winning season."

# Baseball Champions Looking For Repeat

Dana College will start the 1980 season in a couple of weeks with an attitude of excitement on the part of a 26 man squad. Only 9 lettermen return but several newcomers, especially pitchers and catchers, appear to be capable of such assistance that the Vikings are looking forward to a good season. Four other lettermen did not return to school but their absence is of not much concern as Dana heads into their seventeenth season with Coach Dale Lemon. Dana won 18, lost 15 and was NIAC conference champion last year.

## Hopes to improve

That won-loss record looks better when you consider that the Vikings had dropped their first 6 games during their annual Oklahoma trip to some seasoned teams. They came back to Nebraska and won 18 and lost but 9. Losses included 2 to Nebraska U., 2 to Kearney, 2 to Nebraska Wesleyan (they also beat NWU twice) and 1 to the U of N at Omaha (they split two games with UNO).

Dana hopes to open the season at home on March 25 against Creighton Univ. The southern tour is a week later this year, starting on March 28 at Cameron Univ. in Lawton, Oklahoma. The trip is always tough, usually tough on the record, but it helps get the Vikings ready for conference and district play. There are 8 home dates this season, an all-

time high. Twenty one double-headers grace the schedule and at the end are the NAIA play-offs hopefully.

## Returning lettermen

Pitchers Scott Simms and Gary Fauskee will lead a mound staff rated better than 1979's. Simms, an all-conference and all-district (NAIA) choice, won 7, lost 2 and had a 3.23 earned run average. Simms is a junior and Fauskee (2-5) is a senior planning on a much better year. Three lettermen catchers return, led by senior Jeff Gang who hopes to play after surgery on an injured knee. They'll all be pushed by 5 other new candidates who look like they've played before. The outfield appears to be strong with 3 returning lettermen: senior Jay Hartong, junior Randy Rosenthal and sophomore Don Savino. The infield is a big question mark where only part-time performer Alan Cue, a sophomore second baseman, returns. A couple of those good catchers may fill in here.

## Outfield strong

It looks like the weather is trying to break out into spring and the Vikings have hopes of getting outside for at least a week of work before having to play. A scrimmage with Peru State will take place before the Creighton games if the field on the Dana campus becomes playable in time.

## Sports Shorts

### Track

Coach Ron Johnson and his track team opens competition Friday, March 28, with a quad-meet slated at Wayne State in Wayne, Nebraska.

Johnson, sited Doug Lemon, in the triple jump event, as being one of Dana's highlights, "Doug (Lemon) broke the record last year and should have a good chance of doing it this year."

Other highlights are the distant runners, who could be the surprise of the meet. They are Rod Smith, Dave Prather, Rod Kirkegaard, Kevin Wurtzer, Dave Clifford and Lemon.

### Softball

Spring is here, the leaves are budding, sun is shining, and young women's fancy turns to softballing. For the last three weeks the tile floor of Borup Coliseum has turned into a softball diamond, as the ladies tune-up.

Coach Lee Ahrens is optimistic about his team's chances, and a turnout of 26 women forms good talent to choose from. The first game is against Concordia, at Seward, Nebraska, April 12.

### Women's Track

"For the first time, I think we have a good balance of talent," boasts Carol Hauserman, coach of Women's track team, "Last year we had

a strong team participating in the field events, but not in the track events."

This year Coach Hauserman says she has depth, and the track events will be much better. "Most of these women are untried in college competition so our first meet will really show us what we have. Hauserman, will take the thirteen women out for track to Wayne State in a quad-meet March 28."

### Golf

With a solid returning force of three, Kevin Rasmussen, Mike Anderson, and Tim Barber, Coach Paul Peterson is very optimistic about this year's golfing team.

Nine members are out, and all are good caliber golfers. out of those nine, six will compete in actual meets.

### Allstars

Paul Peterson, coach of the year in NAIA District II, was in command of the NIAC Allstars last Monday, at Kearney State.

The team consisted of Dana Players Gary Cissel, Dick Johnson and Brian Serr and players from Hastings, Doane, Concordia and Midland. They played the NCC State Schools of Peru State, Kearney State, Bellevue, Chadron State and Wayne State.

Cissel led in scoring with 26 points as the NIAC team roared to a 141-124 victory.

# Johnson: Dana A Home Not Just A College Job

"I came to Dana for two reasons: first, sentimental - my youngest son was born here and this is where I met my wife. Secondly, challenge - Dana is the only place I've been where they hadn't won."

Sound like someone you know? It's Coach Johnson, Dana's head football coach and track and field coach. He came to Dana in the fall of 1979.

Johnson was born and raised in Mendota, Iowa, (same place as Terry Kelly and Brian Serr? From there, he spent one year at Southern Illinois University before coming to Dana to complete his degree.

## Letterwinner

While at Dana, Johnson lettered in three sports: football, wrestling and track and field. He graduated with a B.S. in education in January, 1970.

He spent the next six years teaching and coaching at Anita, Iowa. He taught Physical Education and Health for grades K-12. He was the head football and wrestling coach, along with being assistant boys' track and field coach. While working at Anita, he earned his M.S. in Education from North West Missouri State University in 1976.

## Respectability

After this, he moved up to the college level and worked for Iowa Central Community college in Ft. Dodge, Iowa for the next three years. During this time, he was assistant football coach, recruiting coordinator, and instructor in

Physical Education. It was in 1978 that his football team took the National Championship on the Junior College level. He considers this the highlight of his career to date.

Which brings us to Dana; what does he hope to achieve while at Dana? "First and foremost, I want to establish one of the outstanding programs in athletics and gain respectability with the program leading toward state and school pride along with conference and national recognition."



Johnson "Dana offers students a chance to play athletics and have one of the best educational opportunities in the country."

But there is more. Johnson is quick to point out that Dana "is an academic institution. I have to excel as an instructor in the classroom and also advance self as a coach. The students are here to get an education first, athletics is secondary. The institutions that put primary importance on athletics and place a good education second, are going to fall by the wayside."

When questioned about next year's football season, Johnson hesitated a moment but then began to talk about goals:

"This last year we accomplished a certain goal -- we created confidence in self thru mental and physical training. Recruitment so far has given us a very good cross section of our needs; there is talent and ability as well as academic interest."

## Confidence

Johnson went on to say, "If the people I've recruited show, we should be in the second phase of progression, which is not to just beat people physically on the field but to compete with them on the scoreboard. We have approximately 30 returnees, including 16 starters. This gives us a good base to start the year. However, because of the late recruitment last year, some athletes had to play out of position. So there could be some shifting of positions which means a lot of teaching and learning prior to the season."

## Winners

In conclusion, Coach Johnson had some very positive remarks concerning Dana and her sports programs: "I think Dana offers one of the finest educations in the country. The opportunity that currently exists to become a part of this new trend in extra curricular activities (athletics, etc.) is an opportunity to get on the ground floor with a rising program. However, regardless of what the students do or don't accomplish on the athletic field, they will leave Dana with a good education and establish themselves as winners in life."