



The Hermes

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Dana College
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Budget Chokes Student Aid

FROM THE UNITED STATES STUDENT ASSOCIATION:

The President's FY 1987 budget reaffirms the Administration's lack of support for students across the country. The President's State of the Union presented a theme of "Back to the Future" with the solution for improving education as vouchers, prayers, and back to basics. USSA, representing students attending post-secondary institutions across the country thinks the basic ingredient for ensuring access, choice, and opportunity for millions of current and future students is a commitment to prioritize and fund education programs.

The budget calls for a \$3.2 Billion cut from the FY 1986 approved Appropriation's bill - a combination of Gramm-Rudman sequesters, shortfalls, program cuts, new guidelines, and projections. The cuts are justified by the Department of Education as "minimal" since federal funds "only provide 7 percent of the total expenditures for education". It is that 7 percent that has represented the

federal commitment to providing the opportunity for millions of students to benefit from postsecondary education.

USSA asks why the investment in future generations of students is not a priority of this Administration. Under the guise of "balancing the budget", the FY 1987 budget appears very out of balance with massive increases in the defense budget and devastating cuts in the education budget. Students and the funding for domestic programs have not caused this massive deficit, yet student aid programs are being disproportionately hit through both the Gramm-Rudman-Hollings FY 1986 sequester and the FY 1987 budget proposals.

Beneath the rhetoric of "shared risk" and "new initiatives" are proposals which drastically reduce the opportunities for millions of current and future students. The deficit reduction process is further increasing the debt of every potential Guaranteed Student Loan borrower by a

combination of measures that will have a major impact on future decisions of every student. Secretary Bennett is concerned about the teacher shortage yet proposes a budget that will force students to forego certain professions, majors, and careers to re-pay their loan commitments.

This budget proposal has the potential to totally disrupt decisions of millions of current and future students - those students filling out student aid applications and admissions applications this month. The confusion, chaos, and real cuts under consideration send a clear message to students across the country that their future is not a top national priority. Cutting 290,000 students out of the Pell Grant program through a 10 percent cut for academic year 1986-87 and altering the definition for independent students to 23 or over unless an orphan or ward of the court effective in July 1986 is just the tip of the iceberg.

Clothing pantry Opens

Helping to clothe those in need is the guiding force behind a Dana Human Services student's interterm project.

Rita Svenningsen said her project will help folks who need clothing.

The "clothing pantry" will be in the basement of the Law Enforcement Center, Miss Svenningsen said. After it opens on February 12, there will be volunteers manning the pantry on Wednesdays and Saturdays from 1-4 p.m.

Referrals for pantry will come via ministers or the Department of Social Services, Miss Svenningsen said.

Donations for the clothing pantry can be dropped off at the social services office in the basement of the Washington County Courthouse during its usual hours, 8 a.m. to 5 p.m.

Miss Svenningsen said reasonably good clothing for all ages, especially children is

needed for the pantry. Also needed are hangers, paper bags, shelving and clothing racks, Miss Svenningsen said.

Volunteers for the project are also welcome and can contact Miss Svenningsen at 426-4101, extension 333 in the evening.

Miss Svenningsen said the idea for the clothing pantry project came from her instructor who said it had been discussed in the past but hadn't been successful.

She said she was sure it would work this time.

For her grade in the project, Miss Svenningsen said she is keeping a daily journal on her progress on the pantry.

Editor's Note: The preceding article appeared in the Blair newspaper. SAO is volunteering their time at the clothing pantry. Anyone who has clothes which they want to donate or who would like to volunteer can get in touch with Rita on campus.

Hunger in the United States

By John Mark Nielsen

"Hunger in the United States" is the title of a presentation to be made Monday evening, March 3rd, at 8:00 pm in Doctors Hall Auditorium. The speaker will be Bob Schminkey, Western Regional Organizer for Bread For The World. The presentation will conclude a day long visit to Dana by Mr. Schminkey who will also be speaking in chapel and meeting with members of the Dana community throughout the day to discuss hunger issues.

Bread For The World is a Christian citizens' movement based in New York City which seeks bipartisan support in Congress for measures to aid those suffering in the United States and in the world from malnutrition and hunger. One of Bread For The World's co-founders and its present director is Art Simon, a Dana College alumnus.

Mr. Schminkey, a graduate of the University of California-Santa Barbara, has been actively engaged in hunger issues for the past twelve years. Before joining Bread For The World six years ago, he worked for the Southern California Interfaith Hunger Coalition and Church World Service, at which time he traveled widely in West Africa.

The presentation "Hunger in the United States" is open to the public.

Bloodmobile

The annual Ars Medica Blood Mobile will be held Thursday, March 20 in the lobby of Argo Hall. Recruiters will be contacting people in the near future to sign up donors and volunteers. For the past three years, the Blood Mobile has surpassed its goal for the amount of blood collected.

For further information, feel free to contact Meri Jo Meier at ext. 253.

Be there. Aloha.

Puttin' On The Hits

Submitted by James Cloyd

Puttin' on the Hits is being sponsored by the student senate and will be held on February 27 in the Lauritzen Theatre starting at 8:00 and ending at 10:00 p.m. The senate is expecting this year's Puttin' on the Hits to go over really big. As of this point there are eight acts entered. Acts will be competing for the grand prize of \$52.89. There will also be a second place prize of \$30.17 and a third place prize of \$16.94. There will be six judges; four students and two faculty members. The two faculty judges are James Olsen and Alice Laaker. The show is also open to the public.

Quast Resigns

Mr. Richard Quast has submitted his resignation as instructor in Music and Band Director for health reasons. He has been replaced by Mr. Michael Anderson who resides in Lincoln and is presently taking classes at UNL to receive his PhD. Mr. Anderson has specialties in several areas, including both brass and woodwind and is known for contributions in the area of Jazz Bands.

Join ALC, LCA, AELC Convention

There will be a joint ALC, LCA, AELC convention on Sunday, Feb. 23 taking place from 2 to 7 pm at Koutze Memorial Lutheran Church in Omaha. Students will gather for fellowship, worship, and discussion of the merger of the three Lutheran Synods in 1988. The Bishops of all the three synods will also be there. Attending students are to contact Pastor Cassell for the departure time and are reminded to bring \$3.50 for the evening meal.

Weekend Retreat Planned

There is a weekend retreat planned for the dates of March 4th to 6th at a retreat center near Manhattan, Kansas. The retreat will consist of students from Lutheran Colleges and State Universities in Kansas, Nebraska, and Iowa. The retreat will be sponsored by the Lutheran Student Movement and "Sexuality and Relationships" will be the topic for the weekend. Pastor Terry Cassell, herself, will be the speaker. The cost for this event will be \$20.00 which will include everything needed except mileage fees. If interested, please contact Pastor Cassell immediately.

Campus Security

Mr. Edgar Flora and Mr. David Rasmussen have been hired for lock-up and evening security of the Dana campus in response to the desire expressed by students for greater campus security. They are on duty each evening and should be available to assist students and staff when in need. If you need such assistance, the switchboard can contact them for you.

What Do You Know About Herpes

Herpes. Some of us joke about it. Some of us have it. Many of us may even dread it. For all of the nervous laughter and anxiety, it is amazing how little many of us really know about genital herpes. Here's your chance to pass Genital Herpes 101. Take the test below and grade yourself. Could be you'll ace the course.

- Which of the symptoms listed below are associated with genital herpes?
 - genital pain and itching
 - blisters, or lesions, in the genital area
 - fever
 - muscular pain or headaches
 - "a" and "b" only
 - all of the above
- How long after intimate contact with an infected and contagious partner can the first manifestation of herpes occur?
 - 4 days
 - a week
 - a month
 - varies greatly from person to person
 - six months

- Herpes outbreaks tend to recur. On the average, a person with herpes can expect a new attack:
 - every two-three weeks
 - several times a year
 - once a month
 - once a year
- The best way to find out if you actually have herpes is:
 - examine yourself for symptoms
 - go promptly to a physician for testing
 - wait to see if suspicious symptoms go away on their own

- True or false: There is no effective treatment for genital herpes
 - true
 - false
- Herpes poses special problems for women because it
 - causes sterility in women
 - can be life-threatening to an infant at birth
 - can predispose a woman to cervical cancer
 - cause extended menstrual cycles
 - "b" and "c"
 - none of the above

- Genital herpes is contracted by:
 - sexual contact with anyone who has had a herpes outbreak in the past
 - sexual contact with someone who is experiencing an active outbreak
 - exposure to toilet seats, towels, swimming pools or hot tubs with which a person with active herpes lesions has had contact
 - all of the above

- True or false: Using a condom guarantees that a man will neither transmit nor contract the disease.
 - true
 - false
- What factors may play a role in triggering recurrent episodes of genital herpes?
 - menstruation
 - emotional stress
 - lack of sleep
 - tight jeans
 - all of the above

- True or False. Having genital herpes makes a person more vulnerable to other sexually transmitted diseases such as syphilis, gonorrhea and AIDS.
 - true
 - false
- F. Pain, itching, lesions, fever, muscular aches and headaches are all symptoms associated with initial outbreak of the disease. Not everyone who has genital herpes experiences all of these symptoms. Recurrences are usually less severe and and rarely involve the flu-like symptoms, e.g. muscular aches and fever, of an initial outbreak.
 - true
 - false

- The incubation period varies greatly from one individual to another. Usually, the first outbreak occurs within three weeks after sexual contact with an infected and contagious partner. However, in some cases, it can take as long as three years before symptoms appear.
 - true
 - false
- The average herpes patient will experience a recurrence three or four times a year. But here, too, there is a great deal of individual variation. Some people, apparently never have a second attack, while others have recurrences so frequently that they may think of their herpes lesions as a chronic condition.
 - true
 - false

- B. Testing by the physician is the only way to get an accurate diagnosis of genital herpes. Self-examination is the way most people come to suspect they have the disease; however, there is a possibility that they may mistake some other skin condition for herpes lesions. Herpes lesions will eventually disappear on their own, but the herpes virus remains in the body, dormant, until something triggers a new outbreak. Physicians now have reliable laboratory tests that can determine if the condition is indeed genital herpes.
 - true
 - false

- B. Genital herpes is treatable. There is a prescription drug available from a physician called Zovirax (acyclovir). A doctor can advise on the role of this drug in the treatment of genital herpes, as well as offer self-help measures and counseling to help control the disease.
 - true
 - false

- E. There is some indication that having herpes might predispose a woman to developing cervical cancer. Fortunately, cancer of the cervix is easily detected in its very early stages by the pap smear. Having a pap test, at least once a year, will ensure that any abnormalities in the cervix are discovered and treated promptly.
 - true
 - false

Additionally, if active lesions are present in the birth canal at the time of birth, the newborn may become seriously ill. If you have herpes it is important to

notify your obstetrician so that you may be monitored during the final stages of pregnancy. Should it be determined that herpes poses a risk to your baby, delivery by caesarean section may be recommended.

- B. Although theoretically there are other possibilities, the experts strongly believe that the only way to contract herpes is through sexual relations with an individual who has active lesions.
 - true
 - false

- B. Condoms do not offer adequate protection against either transmitting or contracting herpes. Men and women with active lesions should abstain from sexual activity.
 - true
 - false

- E. No one knows precisely what triggers recurrent outbreaks. But all the factors listed may play a role. Tight clothing, for example can cause heavy friction and irritation to the genital area. In addition, physical conditions such as poor nutrition, menstruation, or a cold or other respiratory infection are associated with recurrences. In some cases, though, episodes appear to be unrelated to any triggering event.
 - true
 - false

- B. False. Herpes is unrelated to syphilis, gonorrhea or AIDS and does not lead directly to any of these sexually transmitted diseases.
 - true
 - false

Know What To Do

Heart attack is the leading cause of death in America. It is important to understand the warning signs of this condition and to be prepared to take immediate action.

Heart attack is a common term used to describe the sudden death of a part of the heart muscle. It occurs when the supply of blood to the heart itself is severely reduced or cut off because of an obstruction in one of the coronary arteries. If the blood supply is cut off drastically, or for a prolonged period, the muscle cells suffer irreversible injury and die. This can result in disability or death, depending upon how much of the heart is damaged.

The warning signals of a heart attack include uncomfortable pressure, fullness, squeezing or pain in the center of your chest lasting two minutes or longer; pain spreading to your shoulders, neck or arms; severe pain, dizziness, fainting, sweating, nausea or shortness of breath. Not all of these warning signs occur in every heart attack. If some of these symptoms do start to occur, however, don't wait. Get help immediately!

In order to know what to do in an emergency find out which hospitals in your area have 24-

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Thank you to all writers.



New York Interim

Submitted by a survivor of the New York, Philadelphia, and Washington D.C. Interim who shall remain nameless.

Imagine, if you will, two long weeks of terror! It was awful! The local residents hadn't seen anything like this in at least two years. But they were aware that this strange phenomenon was going to come again, and sure enough, it did just that. The crowded white Dana van and Dana's crammed blue LTD. were seen in New York and Washington D.C. as a terrible nightmare was about to become reality. New Yorkers are rumored to have stopped walking out into the busy streets when those two Nebraska (tax-exempt licensed) vehicles were in the three-mile range. And when the vehicles had passed by, a confusion worse than the city's blackout took place. Yes, it was true, the Dana College Interim was at its peak and Professor Jim Olsen's class entered "New York, Philadelphia, and Washington D.C.: Centers of American Culture," was there to "learn". However, havoc was a word that followed this bunch!

Actually, it wasn't really that bad, but this particular interim class knew how to "seek and find" the interesting places and people for which the area is famous. Ironically, this trip was much like a child set loose in a chocolate factory. Basically, we saw and did what we really wanted and never got tired of it.

Some of the major highlights in our sight-seeing journeys of New York City included: The Metropolitan Museum of Art, Museum of Modern Art (which featured works by Henri de Toulouse-Lautrec), the Staten Island ferry ride, going to several fine Broadway productions, Hearing the New York City Philharmonic, and so much more. The crowds, the nightlife, the subways, and the outrageous prices will be well remembered by this interim group consisting of professor James Olsen and sixteen Dana group members.

Washington D.C. was a great contrast to the hurried crowds of NYC highlights of out days there are just as numerous as New York's! They include: wandering through the beautiful museums which make up the Smithsonian institute, especially of interest was the National Gallery of Art where some students were able to see first-hand the "Conservation" of certain works of art. The Air and Space Museum seemed to be quite an area of interest, as well. Many of the monuments were viewed and scheduled visits to the White House, U.S. Senate and House of Reps. were also made possible.

Several days were ours to do as we wished which meant finding a comfortable walking pace so the feet wouldn't hurt so much, but they did! (of course, as you can imagine, no one ever complained!). One truly memorable experience for this

reporter was touring the Pentagon and also wandering about Arlington National Cemetery, where President John F. Kennedy, and several important people are buried.

The entire journey was filled with personal experiences that this group will laugh (or cry) about for some time. One can't truly experience such cities until one dives into it with an open-mind and is willing to take a few chances; like making a mad dash into the street when the signal is still red and having the traffic honk wildly at you. Now we can say we've truly lived!

As for myself, I enjoyed all the cities. The sights, sounds, and people really make a visit like this exciting. Of course, spending several days in two small apartments with one bathroom was truly getting to know everyone very well. I've made some great new friends, very interesting friends!

Finally, the New York and D.C. areas are once again free of the "Dana Tourist Syndrome" for a time, but they'll remember us. We're the ones who drove the wrong way down one-way streets, ran red lights, waved at locals, took "candid" photos on the subway at 1:00 in the morning, wore curlers while driving, and got lost a lot! But, we wouldn't have had it any other way!

(Cont'd from p.2)

hour emergency cardiac care. Determine in advance the hospital or medical facility that is nearest your home and office, and tell your family and friends to call this facility in an emergency. Keep a list of emergency rescue service numbers next to your telephone and in your pocket, wallet or purse.

If you have chest discomfort that lasts for two minutes or more, call the emergency rescue service. If you can get to a hospital faster by going yourself and not waiting for an ambulance, have someone drive you there.

If you are with someone who is showing the signs of a heart attack, and the warning signs last for two minutes or longer, act immediately. Expect a "denial". It's normal for a person with chest discomfort to deny the possibility of anything as serious as a heart attack. Don't take "no" for an answer, however. Insist on taking prompt action. Call the emergency service, or get to the nearest hospital emergency room that offers 24-hour emergency cardiac care. Give CPR if it's necessary and if you're properly trained.

Send your letters and suggestions to: Hermes, Box 1259. Your ideas are welcomed. All letters must be signed and under 250 words in length.

A Month in Europe

by Gina Linsenbardt

So, did you have fun? Where did you go? What did you see? These being questions one is most often asked upon returning from an Interim abroad with Dr. John Nielsen, I have my standard answers well rehearsed. Yes. Europe. A lot.

Four Dana students went to Europe this January, including Carter Hansen, Keri Kuhr, Dana Tucker and myself, accompanied by Dr. Nielsen. We began our travels with the new year on January 1 as we landed in Germany. What a fun way to begin the new year, stepping into a new and different continent for the first time.

From there we would eventually travel to France Italy, Greece, Austria and Denmark, and see many of the places and pictures that are familiar to me from seeing them in Humanities 107, 205, and 206. But amid visiting we had time to spend shopping and getting the feel and flavor of each country and city we toured.

The longest stay over our month in January was the week we spent in Athens, Greece. Between breakfasting with a view of the Acropolis, as well as numerous other sites, the time flew by.

As I sit here in Blair, Nebraska I miss the times spent with coffee and baklava on a street corner cafe in the Plaka of Athens. Seeing old women crocheting on the sidewalk and selling their crafts is something of a special memory. Remembering their bartering so that we might buy their work: "It is very strong, very beautiful, very cheap." The memory remains.

Speaking with an admitted limited experience, I must say that people were quite nice to all of us. And, though I only spent a short time in Europe, the people there and their lifestyle found a way into my heart. It is something I miss now and something that I eagerly await visiting again.

Luther College Symphony Orchestra

by Jane Eskildsen

On Feb. 3, 1986 The Luther College Synphony Orchestra performed in PAC as part of their 1986 Concert Tour. The orchestra, conducted by Dr. Douglas Meyer, consists of sixty-eight students and was able to come to Dana through cooperation with Luther College, Dana's sister college of the American Lutheran Church.

The first piece performed was a symphony by Kjell Johnsen. An ominous mood was set by the grumbling of an organ which melted in and out of the music and against this wall of sound the rest of the orchestra played. The symphony consisted of three movements, each conveying the same heavy mood, so that the unsuspecting listener felt like he was trudging across an endless wasteland of sound with doom hanging over his shoulders (or at least in his

ears). Although the mood of the piece made it difficult listening, the symphony was well executed and high lighted by some good instrumental solos.

The second piece featured Dr. Gary Davis on the clarinet as soloist along with the orchestra, playing five dance preludes by Witold Lutoslawski. Based on Polish folk melodies, the preludes were energetically performed and provided a change of pace with several variations of speed and mood.

The third piece was Symphony No.9 in e minor, Op.95, by Anton Dvorak. It opened majestically with the first movement catching snatches of pretty folk tunes interwoven with lots of dynamics. The second movement settled into a quiet pastoral calm and the symphony finished majestically with the famous fourth movement.

The New Look for Lent

By Timothy Hansen

Lent is a time for personal reflection, growth, and preparation for the Passion of our Lord. It is a time to give meaningful thought to the life, ministry, and particularly, the redemptive death of Christ. Lent is a period of forty days which is set aside by the universal church as a time of repentance for the spiritual preparation for Easter. It begins with Ash Wednesday, the traditional day of repentance and meditation. This depicts well the mood of Lent.

As Christians, we should look forward to spring. As spring is a time of growth and warmth; as the sun enters our hemisphere again, so Lent is an opportunity for all the Children of God to come under the protective warmth and love of Jesus, the Christ.

Those students who have attended chapel and Sunday church services recently have noticed two changes in the conventional setting. The most obvious change is that services are being conducted in the "black box" rehearsal area of the Performing Arts Center. Perhaps less obvious to the casual worshipper, however, is that Ekklesia Koinonias now owns new Lenten paraments which adorn the altar and pulpit. The paraments were designed in the cooperative effort of Pastor Terry Cassell, Campus Pastor, and Dr. Milton Heinrich, of the Dana Art Department. The actual fabrication of the paraments was done by Diane Hovecost and at least ten other members of First Lutheran Church in Blair. Funding for the project was taken from Aid

In Recognition of Black History Month...

A hundred and sixteen years ago Hiram Revels, the first black senator of the United States, delivered his first speech before the Senate.

Dr. Daniel Hale Williams performed the first successful operation on the human heart in 1893.

Benjamin O. Davis, Sr. was the first black general in the history of the U.S. Armed Forces. He was appointed in 1940.

Charlotte E. Ray was the first black to graduate from a university law school in the U.S. in 1872.

Audun Ravn

Comments by Nathan Kramer

On Monday, Feb. 10, Norwegian pianist Audun Ravn, was featured in the Lauritzen theatre. Mr. Ravn was once hailed as "one of Norway's foremost pianists" after a performance in the honor of Edward Grieg in Bergen, Norway. He came to the U.S. after WWII and has been an artist teacher at UNL since 1957. He is part of the Nebraska Arts Council Touring Program, appearing regularly as a recitalist, orchestra soloist and chamber music performer.

Mr. Ravn performed the music of great artists (Beethoven, Chopin, Ravel, and Liszt) in a scholarly fashion, placing the main emphasis on the artist's pieces rather than his interpretation of them. "Liebestraum" and "Hungarian Rhapsody" by Liszt were particularly fine. He addressed his encore especially to those who wished they had stayed home, and then proceeded to play Joplin's familiar pieces "The Entertainer" and "Mapleleaf Rag".

Despite an excellent performance, attendance at this concert was sparse. We are privileged to have performers of this caliber at Dana-- more people should take advantage of the opportunity to hear a quality concert.

Association for Lutherans, through the connection of Mrs. Hovecost's husband, and First Lutheran.

The colors of the paraments harbor much symbolism. The scarlet reminds us of the blood which Christ shed for our sins. The stripes on the paraments remind us of the stripes which He bore on His back that were sustained for our sake. The use of the "black box" for services reminds us of the darkness of the day when Christ was nailed to the cross at Golgotha. The setting allows us to reflect on our own lives as did those in Christ's time in the deep bowels of the catacombs.

There is only one thing that God wants His people to give up for Lent. He desires only that we give up our hearts to Him.



Women's Basketball

- vs. Midland 67-54
- vs. Doane 59-55
- vs. Concordia 69-55
- vs. Hastings 82-65
- vs. Nebraska Wesleyan 45-63
- vs. Midland 54-52

This year's team has achieved many great things during the season. First of all, they accomplished setting a new win record of ten games, the highest in Dana Women's play. Secondly, that record was achieved by an awesome win to Midland on the 14th!



Men's Basketball

- vs. Doane 63-61
- vs. Concordia 90-82
- vs. Hastings 88-69
- vs. Nebraska Wesleyan 73-92
- vs. Midland 98-73

At this point Dana is 2nd in the conference and has surpassed Doane in Conference play. The team's record is 5-4, so the winner of Saturday's game with Doane will have the home-court advantage in conference play-offs.

Wrestling

February 19th will be remembered, at least for a while, by this year's wrestling team, who on that night captured the conference title here at Dana. By beating Westmar and Northwestern the title became ours! It was not a title easily won, however, with Dana's score of 78, Westmar's of 77.75, and Northwestern finishing at 64.

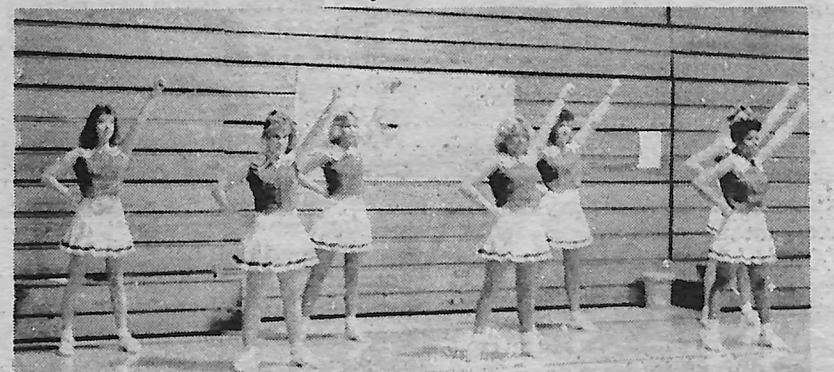
Individual championships are held by Trent Gutschenritter in the 142 lb. weight division, Tim Weltzin at 177lbs. and Ken Sliva at 190 lbs.



NEXT: OUR HERO GEORGE WINS A NEW 1993 GM COSMISTAR IN STUD PATRIOT'S WEEKEND RAFFLE!



Coach Foley In Command



Cheerleaders get into the action.



Thanks for this sports page goes to our dear Jody at the Enterprise and photographer Sharon Street!