

- Several activities planned for finals week
- Sights and Sounds of Christmas another resounding success
- Men's and women's basketball teams have winning week
- Howde to compete in cross country nationals



Students face finals next week, advice given to help reduce stress

LAURA HIEBENTHAL

Reporter

It's coming—that week when college students stay up all night trying to cram loads of information into their brains before taking several tests. That's right, finals will be here soon.

Finals week usually means a great amount of stress for college students. So what can students do to make those last days of the semester a little easier?

Campus nurse Patti Nielsen said students need to eat right, exercise and get lots of rest, but she knows it is difficult during finals. She said many students take the attitude that they must work all week and not relax until break begins. She suggested, however, that students take a little time each day for an activity that they enjoy, no matter how small of an activity it might be.

The first step students should take in preparing for finals is to mark on a calendar when all of their finals are,

said Lori Nielsen from the Learning Center. Next they should write down when they need to start studying for them. Sometimes just writing it down can take away some of the anxiety, she said.

One tip that the campus nurse suggested for relaxing and improving concentration is deep breathing. She said if a person concentrates on breathing from their abdominal muscles it will help them to focus and relax their muscles. (She also suggested listening to a relaxation tape or a tape with sounds from nature.)

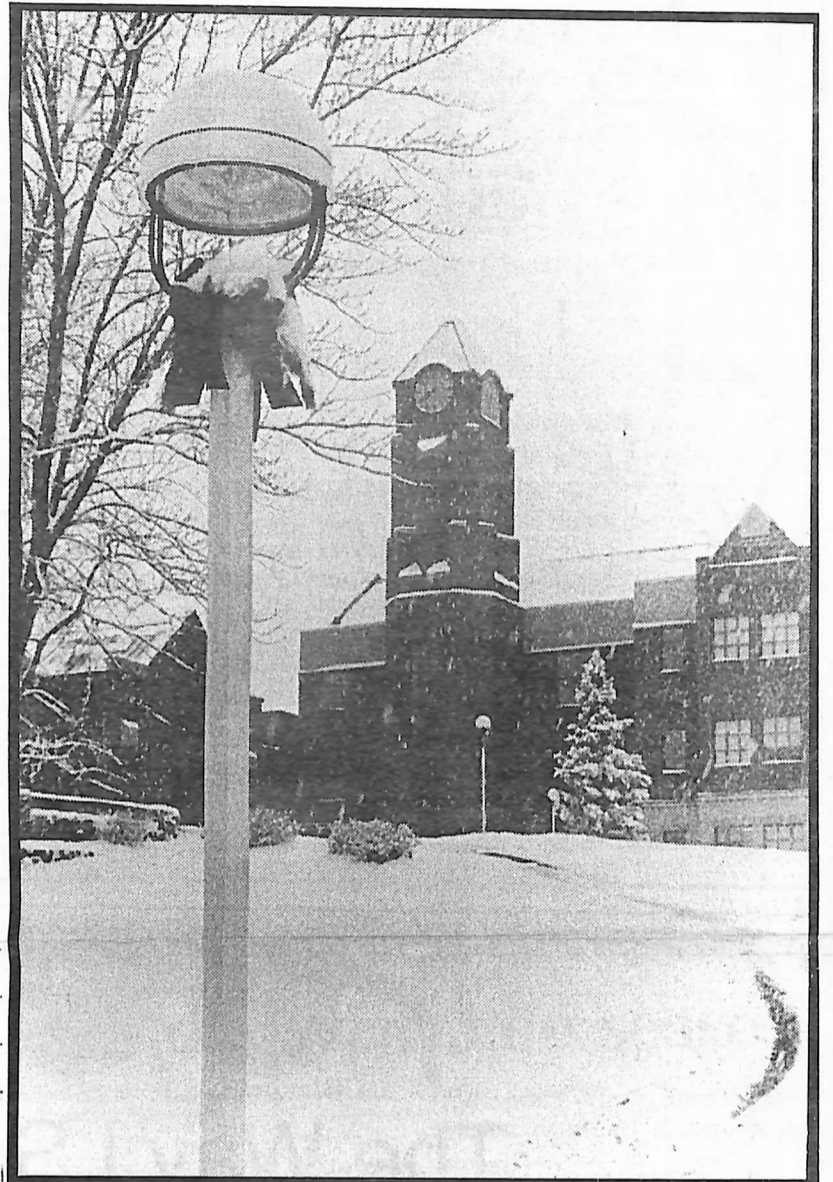
Varying subjects during study time will help students, said Lori Nielsen, the Learning Center's director. Students should alternate between hard subjects and easier ones. She recommended studying 30 - 40 minutes and then taking a break of three to four minutes. But she warned, "Be careful not to wander too far during those breaks."

Eventually most students will face the decision between staying up all night studying or getting some sleep. The Learning Center director said

sleep is the most beneficial. Cramming is putting information into short-term memory which is not made to store large amounts of information. Staying up late will just add to the stress and if the brain does not retain it anyway, it will not be worth it, she said.

But if a student chooses to stay up late, Patti Nielsen said using caffeine or drugs to stay awake is not the answer. "They are not healthy, but a lot of people do it," she said. "Caffeine will make a person more irritable and anxious while increasing their heart rate. They will be counter-productive in the long run."

Some additional hints for finals from Lori Nielsen include studying with a partner or small group and making a trip to the Learning Center. She said tutors can help students study and quiz them over the information. Many of the tutors have taken the classes themselves and can tell students what to expect on the final. She also said there are sheets with more studying and test taking tips available for students in the Learning Center.



The snowfall early this week complimented the Christmas decorations put up on campus by the Dana maintenance department. (photo by Jeff Rademacher)

Shortage of parking on campus give students reason to complain

WADE DAGGET

Reporter

Have you ever been late for class or just returned to campus late at night and found that there were no parking places? You're not alone; Dana is short on student and faculty parking. Sophomore Ben Tams explains, "There isn't enough parking for the students. If you come back to campus late at night, you might have to park in an area where parking is not permitted and risk getting a ticket."

"One of the worst times to try to find parking is when there is an event on campus," said junior Jeff Jones. Rev. Bill Hartwell, director of campus security said, "Dana College has outgrown itself, and the parking is no longer adequate for the students or for people who are on campus to see an event." The Dana athletic department has received phone calls from people who are unable to attend events because they were forced to walk a long distance from their cars. Many students are angered by the

reserved parking that the senior resident assistants (R.A.'s) and the athletic department staff members receive. Sophomore Steve Grovjohn said, "There is no need for the R.A.'s to have their own parking, we pay just as much as they do to go here." Hall director JoAnn Beck explained that the reserved parking that the senior R.A.'s receive is part of their compensation for being an R.A. Beck said, "This is not a new policy. There were signs reserving R.A. parking in past years, but angry students ripped them out of the ground."

The athletic department staff also receives reserved parking. Athletic director Kathy Foley said, "Some of the faculty in Borup have classes that are held off of campus. They then need to get back as quickly as possible for their next class. That is one reason that we need reserved parking."

However some students don't see it that way. Joel Jorgensen said, "They should do away with all reserved parking, and treat everybody equally, faculty, staff, and students alike."

Even though parking is an obvious problem, there are no quick solutions.

Bob Schmoll said that there are plans to put a parking lot behind Holling Hall, but the school lacks the funding that they need to start this project. Hartwell said that students can park on the outside of the back parking lot if all other parking is taken. "This is a short-term solution, but the students need to realize this could be dangerous when the lots are slick." Hartwell said that any student who received a ticket during a school event can see him or appeal the ticket. Hartwell encourages students to use the appeals system for parking tickets. Hartwell said, "The Dana security guards are human and will make mistakes."

Junior Diane Katzdorn offered her solution when she said, "As much as we pay to go here, we should have valet parking."

Attention Students

Parking tickets issued Oct. 6-8 during Hoemcoming and Nov. 12-18 during Elderhostel will be voided because of the reduced parking spaces for students. Any questions can be directed to Lorraine Hanson at the switchboard, ext. 0.

Dana lacking on part of flag illumination

JENNIMARIE JOSLIN

Reporter

The display and care of the two United States flags on the Dana Campus was a recent topic of conversation among students. The flags are located in front of Pioneer Memorial and Borup Coliseum. The main concern was the flags are displayed 24 hours a day with no illumination at night.

Illuminating the United States flag at night was the general opinion of what should be done if the flag remained displayed at night. Derrick Weyand, a junior who participates in Air Force ROTC said, "The rules for displaying the flag should be respected." Weyand also mentioned taking down the flag may not fit into busy schedules, so the best thing would be to have it lit up.

When the head representative of maintenance, Don Newsome answered the question of why the flags

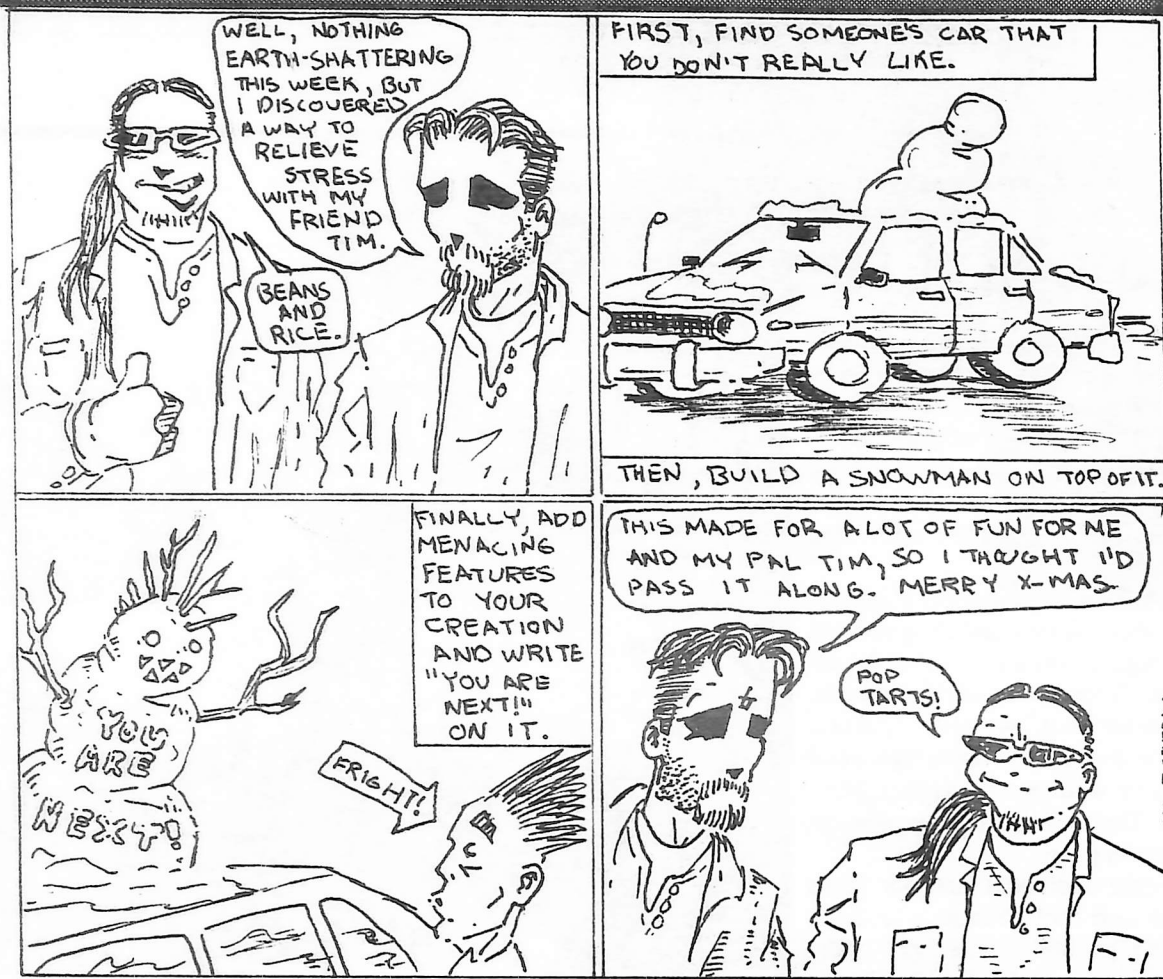
displayed at night have no illumination by saying, "Both flags are to be lit. The light fixtures are there. We'll look into it." He was thankful this was brought to his knowledge. Saturday night before the Sounds of Christmas concert the flag in front of Borup was lit up.

According to section two (a) of the U.S. flag code it is "universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstaves in the open. However, the flag may be displayed at night upon special occasions when it is desired to produce a patriotic effect." section two (c) states, "The flag should not be displayed on days when the weather is inclement."

Dana College violates this code in two ways: not taking the flag down at night and displaying it in bad weather. The college may reconsider some of its policies and perhaps designate someone or some organization to be respectful to the United States.

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"A HARD-BOILED STRIP EVERY MONTH!"



The Way I See It

By Erik Einertson

Anyone actually enjoy last week-ends "Over 60-athon?" Not exactly a college experience to remember. Although very traditional, it is also expensive. I guess I wonder how this is expanding the students experience. To me it is a lot of money that we pay but will never see again and then we get lousy parking to boot. I visited some of the events, but Dan-

ish dancing and crafts is not my idea of a good time.

I have thus far avoided this topic but now is as good of a time as any, does anyone else think that they should dump Pioneer Mermorial? Most of the Administration workers I have met are really decent and good people. However, it is difficult, if not impossible for them to understand

their customers, the students. How often do you see President Christopherson or any others from that building walking the halls with the students? The fact is that for such a small school, many of the administration officials have no clue as to who we are. Before we talk about expanding student numbers, nothing would stop the outflow of students more than watching Pioneer Mermorial follow Old Main. Maybe do something else with it, I don't care, but how can they lead a school that they no longer understand.

Whoever thought of dumping dead day read previous paragraph.

DANA COLLEGE HERMES

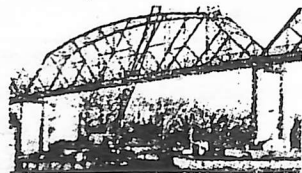
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Hermes welcomes letters to the editor expressing all original points of view. *Hermes* reserves the right to edit all letters according to space availability. All letters must include the author's name and address. Under certain circumstances *Hermes* may respect requests to have names omitted at time of publishing.

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Campus Events

December 8, 1995

Friday

5 p.m. Wrestling, UNK Duals at Kearney
 9 p.m. Karaoke and Dance in the Dragon's Head

Saturday

9 a.m. Wrestling at Kearney
 1 p.m. Van to shop at Westroads, Campus Center
 5:30 p.m. Men's Basketball vs. Sioux Falls; Blair
 7:30 p.m. Women's Basketball vs. Peru; Blair

Sunday

3-5 p.m. Massage therapist, Linden Room
 5:30 - Caribbean Night, Pool
 8:30 p.m. Games, swimming and prizes; Borup

Monday

Final Examinations Begin
 9 a.m.-4 p.m. Book buy-back; Campus Center
 7-8 p.m. Food for finals and loud hour, held in individual residence hall lounges
 10 p.m. Now the Feast and Celebration service, Trinity Chapel

Tuesday

Finals
 Weekend College Spring 1996 Registration
 9 a.m.-4 p.m. Book buy-back; Campus Center
 10 p.m. Late night breakfast, cafeteria

Wednesday

Finals
 9 a.m.-4 p.m. Book buy-back; Campus Center

Thursday

Finals
 9 a.m.-4 p.m. Book buy-back; Campus Center

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Vikings look for revenge against Sioux Falls Saturday

CHRIS CHANCE

Sports Editor

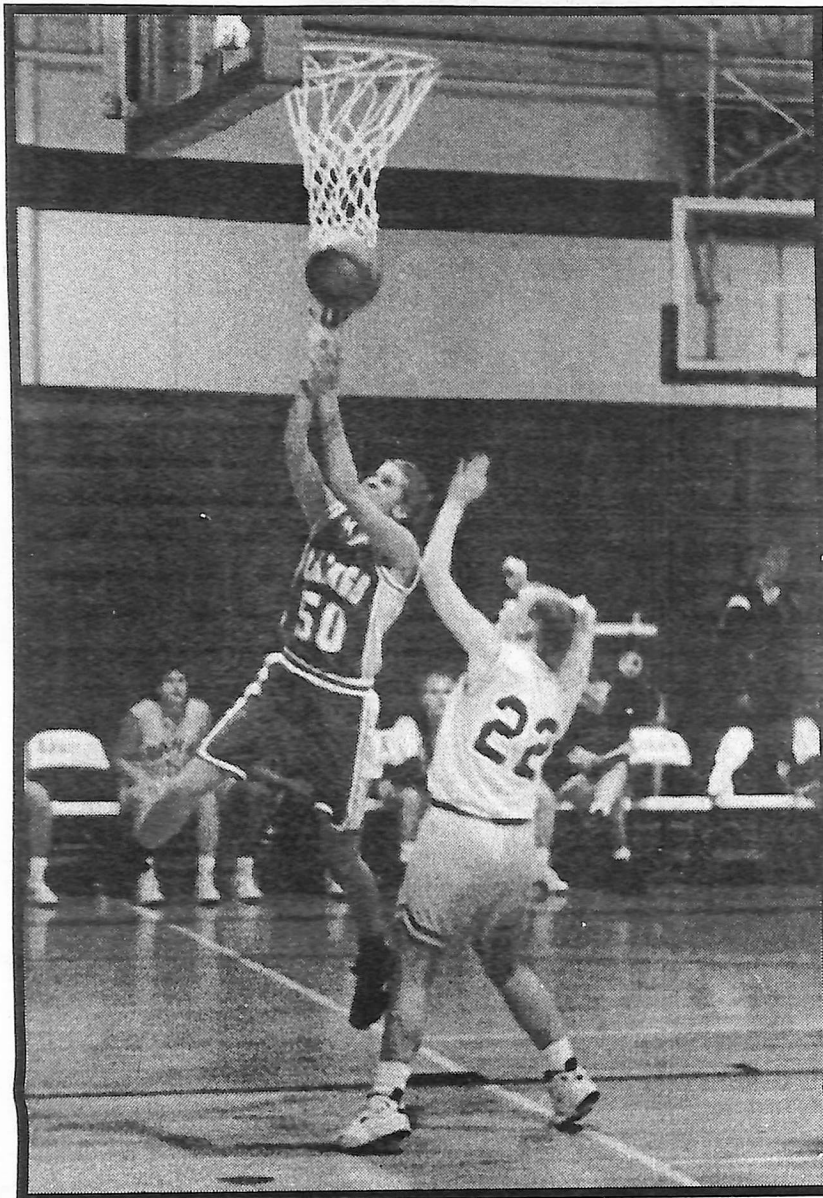
Coming into this weekend's game against Sioux Falls S.D., the Vikings have a 8-2 record. The team is returning to action after an impressive win over Bellevue University. The Vikes are also looking for some revenge after Sioux Falls pinned the Vikings for their first loss of the season.

A review of what happened in the team's last three ball games goes as this; They beat Peru State last Thursday night by 10 points, 75-65. Saturday afternoon the Vikings almost pulled an upset over Division II UNO. The team was overpowered and lost its second game of the season 82-78. Tuesday night against the Bellevue Bruins the Vikings offense exploded for a 96-72 victory.

After beating the Bruins a month earlier, the Vikings took control at home with the best offensive output by the entire team. Six players were in double figures with Nick Dederman leading the Vikes with a career high 14 points. Others in double figures were Nathan Babbitt with 12 points; both Shawn Fasbender and Eric Einertson had 11; Mark Andrews and Oliver Wallace had 10 points respectfully.

The Vikings gave UNO the scare of losing its second game to a Nebraska Iowa Athletic Conference opponent. The Mavs lead at halftime by the score of 45-36 after a technical foul was called on the Dana bench. In the second half the Vikings got within five points with 17:21 left in the game. In the final seconds the Vikes pulled within two points on a pair of free throws by Andrews. The Mavs sealed the four-point win with free throws by Michael Rieves with eight seconds remaining.

The Vikings lead just once in the fist fight of a game. Bret Marchese and Fasbender lead the scoring depart-



Vikings' Nichol Buenning takes a shot against a defender at Borup Coliseum. The women are 4-3 overall on the season. (photo by Jeff Rademacher)

ment with 19 point each. Babbitt added 15 points. Marchese and Babbitt each had five assists as Fasbender claimed nine rebounds against the stronger UNO mavs.

Defense was the claim to fame in this 10-point win. The Vikes limited the Peru State Bobcats to just 40 percent shooting from the field in the first half. The Bobcats showed potential to grasp the lead but the defense refused to allow it. The team pulled

away the victory with three huge back-door layups by Wallace. Babbitt had 25 points to lead the offense. Wallace had 14; Andrews 13; Fasbender had 10 points along with 11 rebounds. Marchese dished out six assist.

Come on out and support the basketball team as it looks for victory number nine against Sioux Falls Saturday night at 5:30 p.m. at Borup Coliseum.

Hovde becomes third Dana runner to qualify for cross country nationals

PAUL CLARK

Sports Information Director

Sophomore Anna Hovde became the third Dana distance runner in the past two years to qualify for the National Association Intercollegiate Athletics (NAIA) national marathon as she placed fourth at the Midland Lutheran Half-Marathon Saturday.

Hovde, from Gillette, Wyo., finished the 13.1 mile course between Fremont and Valley in a time of 1 hour, 27 minutes and 50 seconds,

which was 70 seconds faster than the national-qualifying standard of 1:29:00. She was one of four women to achieve the qualifying standard Saturday in good weather conditions, with temperatures ranging from 45 to 55 degrees and a south-southwest wind between 10 and 15 miles per hour.

Last year, Sandy Smith and Ben Sandy went to the NAIA National Track & field Championships in Azusa, Calif., and competed in the marathon. The 1996 meet will be held in May in Atlanta, Ga.

Hensley captures third at Fort Hays

PAUL CLARK

Sports Information Director

Dana All-American Andy Hensley captured a third-place finish at the Fort Hays State Kansas Open Sunday afternoon in Hays, Kansas. Hensley's performance highlighted the Vikings' day at the Fort Hays meet, which included wrestlers from 21 schools, including Nebraska Collegiate Athletic Association (NCAA) Division I teams Air Force Colo., Nebraska, Oklahoma State, Oklahoma and Wyoming.

Hensley claimed third place at 167 pounds with a pin of Brandon Terry of Labeite Kan. in 3:31 of the consolation championship match. Hensley had advanced to the quarterfinals of the winners' bracket before being decided by eventual runner-up Orville Palmer of Colby Kan., 6-4. Hensley opened the meet by stopping Chris Thorgenson of Southern Colo., 9-4, and Jake Holscher of Chadron State, 11-5.

In consolation action, Hensley scored his third straight win over

rival Bobby Lashley of Missouri Valley. Hensley's 11-9 decision Sunday followed wins over the Missouri standout in the National Association Intercollegiate Athletic (NAIA) National Championships and NAIA Area Tournament last season. Hensley's 4-1 performance at Fort Hays lifted his season record to 6-3.

Dana got two wins each from Rico Ventenilla at 142 pounds, Shawn Issacs at 150 pounds and Justin Smith at 177, but all three bowed out of consolation wrestlebacks without placing.

Also in action for Dana at Fort Hays State with their match record for the day: Chad Greguras, 0-2 at 118 pounds; James Gutierrez, 0-2 at 126; Jeff Hume, 0-2 at 126; Jeremy Rine, 1-2 at 126; Jeremy Andresen, 0-2 at 177; Mike Bisig, 0-2 at 275.

Dana sees its first dual action of the season Friday night as it tangles with Nebraska-Kearney and Central Missouri State, both NCAA Division II teams, in a double-dual at Kearney. On Saturday, the Viking grapplers will take part in the Nebraska-Kearney Open.

Viking women defeat Mt. Marty, 4-3 on season

SANDY SMITH

Sports Editor

The Dana women's basketball team bounced back from a rough weekend Tuesday night defeating Mount Marty S.D. The victory puts the Vikings at 4-3 on the season.

The Vikings dominated the first 20 minutes of it's match-up against the Mount Marty Lancers, leading comfortably 45-28 at half time. However, with 37 seconds left to play in the second half, the Lancers got within two at 67-65. Free throws by Jodi

Bradley and Susan Weddingfeld clenched the 71-65 victory for the Vikings.

Weddingfeld was the top scorer for the Vikings with 19 points. Falling close behind were Nichol Buenning with 18 and Brenda Mechels with 16.

Tuesday night's victory helped the Vikings recover from a droughtful weekend in Austin, Texas.

The Vikings lost to Phillips, Okla., 101-49 Friday evening. Saturday afternoon Lubbock Christian drilled Dana 86-54.

The Vikings continue Saturday in Borup, against Peru State at 7:30 p.m.

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Free throw contest:

Jessie Walker

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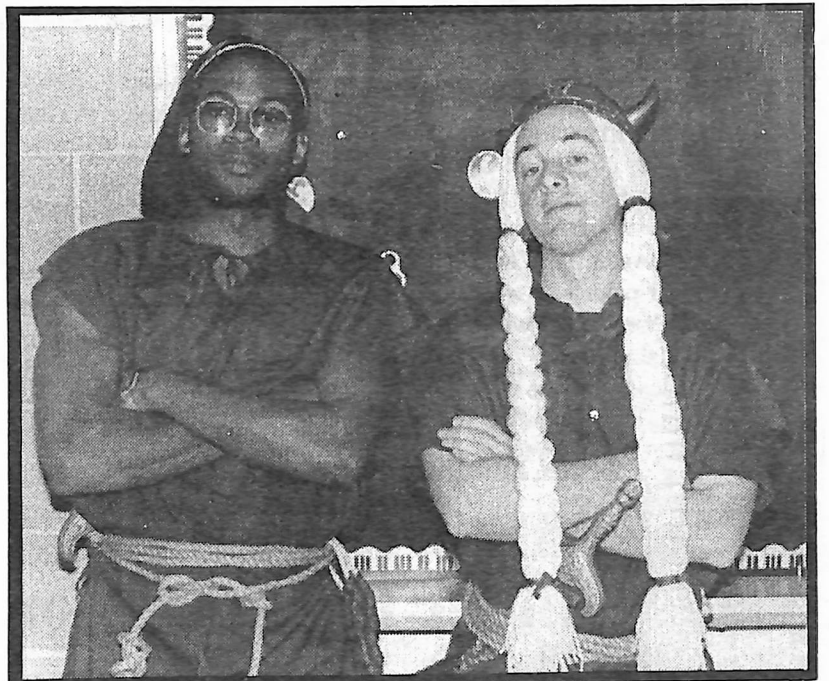
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Top left corner – Director of Campus Life Kevin Schaudt (left) and hall director Trent Pikula served guests at the smorgasbord.

Middle left – The Dana College Chorale performed in the setting of poinsettias and evergreen trees in Borup Coliseum.

Bottom left – The Gothenburg Swedish dancers shared the traditional dance and costumes of Scandinavia.

Top right corner – Juniors Tim Marsden and Beth King performed the musical, "The Gift of the Magi."

Bottom right – Senior Thomas Kearney (left) and Erik Jensen directed guests to the folk dancers in the Madsen Fine Arts Center. Their outfits were provided by the Danish Club.

(All pictures by Jeff Rademacher)

Sights and Sounds of Christmas

