

# Hermes

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## Dana College

### THEATER PREVIEW "THE WORLD GOES 'ROUND'"

by Mary Sutherland, Hermes Staff



As  
football,  
soccer,  
and  
cross-  
country  
seasons  
draw  
to a

close on the Dana College campus, the theater department is just getting started. That's right, there's been a different kind of practicing going on, off the fields, in Dana's own MFAC building. It didn't involve any drills, sprints, or tackling but for the past month and a half, thirteen students have poured sweat, tears, and even a little blood into Dana's first musical production of the year. The product of their hard work, "The World Goes 'Round," will open Wednesday Nov. 15 in Lauritzen Theater.

"The World Goes 'Round" is a musical review highlighting the works of acclaimed songwriting duo, John Kander and Fred Ebb. The two are best known for their collaborations on the Tony award winning musicals, "Cabaret" and "Chicago."

Dana's production opens with



the title number, "The World Goes 'Round," a song about the trials and tribulations of life and living. This theme, which emphasizes the ups and downs of love, friendship, marriage and life in general, is recurrent throughout the show. Many of the numbers deal with failed romance ("My Coloring Book"), misguided expectations ("The Grass is Always Greener") and even the benefit of immoral behavior ("Arthur in the Afternoon"). Other well-known songs in the review include "All That Jazz," "Cabaret," "Maybe This Time," and "New York, New York."

"The World Goes 'Round" is directed by Paul Schneider. The show will run Wednesday Nov. 15 through Sunday Nov. 19 at 7:30 p.m. Every Dana student is granted one complimentary ticket that MUST be picked up at the information booth prior to the Tickets for the general public are five dollars each, and can be purchased at the information booth.

### PASTOR ANDREA NG'WESHEMI INSTALLED AS CAMPUS PASTOR

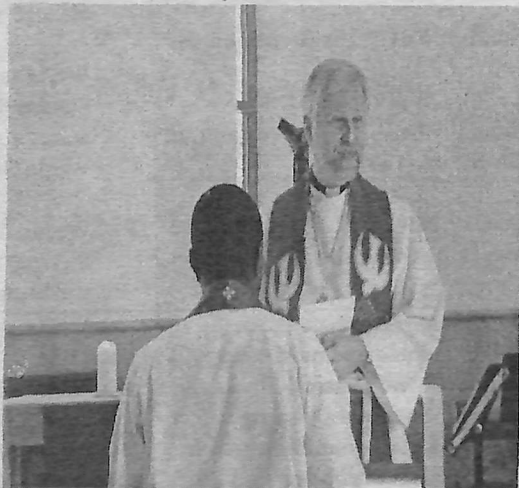


By Krysti Conley  
Hermes Staff

"I will, and I ask God to help me."

That's what Rev. Dr. Andrea M. Ng'weshemi said when he was installed as campus pastor on November 2, 2000. With President Dr. Myrvin Christopherson acting as the Dana College Representative, Ng'weshemi was installed by Presiding Bishop Rev. David DeFreese, Nebraska Synod.

The installation service began at 10:00 a.m. with a prelude by the Dana Brass Ensemble, which included Director Prof. Michael Anderson, Junior Curtis Isaacson, Jeremy Bryan, Senior Adam Martin, and Dan Hansen. That was followed by the Call to Worship. After a



hymn, scripture readings and the Homily, President Christopherson presented Ng'weshemi for installation.

During the service, Ng'weshemi and his wife were introduced to the community of Blair and the Dana Campus. The installation service took about 40-45 minutes and was followed by a reception to welcome Pastor Ng'weshemi and his family to Dana. So, from all of us here on campus, God Bless You, Pastor Ng'weshemi.



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# FEATURES

## "THE ROAD TO PROFESSIONALISM"



by Toni Hoffmeier  
Editor-in-Chief

"Every kid should have someone who is crazy about them," said Nebraska Teacher of the year, John Heineman, at the SEAN Conference in Kearney, Neb.

Six Dana College students, sophomores Marta Walker and Sarah Thompson, and juniors Jessica Gall, Toni Hoffmeier, Allison Kline, and Melissa Lewis, attended the two-day conference on October 27-27, accompanied by their advisor, Dr. Ellie Furst.

The first session of the conference was "Classroom Management Can Be Fun!" presented by Heineman. He handed out a worksheet on positive strategies for children's success, which talked about cooperation and discipline in the classroom and how they are related. He also talked about behavior, concluding that a teacher must model the behavior they wish that their students would use.

A Wacky Talent Show took place at the end of the evening. Dana College tied for First Place with the original song "Going to the Conference, Today." They won \$14, which will be given back to the Dana and Blair community.

Saturday featured four sectional sessions, and one general session that the Dana students attended.



The first session was a New Teacher Panel, where perspective college students asked second year teachers questions about entering the work force. The main point of this sectional was to let soon-to-be first year teachers know that everything is not going to go smoothly your first year, but don't give up, because teaching is all about the kids. They also gave helpful hints about what to include in a portfolio and what questions you should be prepared to answer during an interview.

Doyle Schwaninger, a counselor at Fremont Public School, presented the second session, titled "More Professional Protocols, Hidden Rules." Schwaninger told his audience about his first year of teaching and ways to make it easier. One way to make your first year easier is to make friends with the secretary, as they often are in charge of the money. Another way is to get along with administrators by not relying on them for your classroom discipline. He said that a teacher shouldn't take a student to the principal, unless the teacher has given the student numerous warnings about their behavior.

An Administrator Panel was the third session on Saturday, featuring Mike

Aerni, of Fremont, Renee Jacobson, of Eustis/Farnam, and Ken Anderson of Hastings. They gave the audience practical information about how they conduct interview. In letters of interest to a school, you should spell and grammar check it and make sure that the letter is addressed to the right administrator. Also, before your interview call to make sure that your credentials have arrived.

The fourth sectional of the day was "The Long Haul-Getting Past the First Year," by Mary Solberg. Her presentation focused on career life planning, how to make connections, and the different professions a teacher can have.

The last session of the day was "Election 2000: Critical Issues" where Brian Mikkelsen, NSEA Government Relations, provided information on the upcoming election.

The conference ended with a drawing for door prizes and an original song by the advisors of the colleges in attendance, including Dana's own Dr. Ellie.

For more information on the conference and to see the Wacky Talent Show piece, attend the next SEA meeting Wednesday Nov. 29<sup>th</sup> at 7:00 p.m.



## LMNOP GOES TO CHICAGO



by Dustin Nielsen  
Hermes Staff

Last Friday afternoon twelve Dana students and Professor Robyn Lewis left for a weekend of fun in Chicago. The main reason for going was to attend the Chicago Humanities Festival and SOFA (Sculpture, Objects and Functional Art), as the majority of the students are members of LMNOP.

The trip was filled with first for many Dana students, which included first time:

going to Chicago, flying, taking the subway, city bus or a taxi.

The weekend was also filled with many everlasting memories. While there, the students went to: a comedy club called The Second City, House of Blues, ESPN Zone, Navy Pier, SOFA, Humanities Festival, The Art Institute, The Field Museum, China Town, the Chicago Public Library and the Hard Rock Café. Also in Chicago, they went sightseeing and shopping. Needless to say everyone was exhausted on Sunday night when it was time to come back.

Along with Professor Lewis, students who went were: Brian Anderson, Kelly Arth, Lindsey Bamesberger, Eric Friedericks, Maureen Gubbels, Sarah Hernandez, Melissa Jurgensen, Tony Knuppel, Dustin Nielsen, Ben Schacht, Brooke Thomsen and Justin Wiese.

is helpful. But the way we all deal with stress is not always positive. Stress is defined as our physical, emotional and mental response to change, regardless of whether the change is good or bad. The challenges you meet in college need to be accomplished in a manner that is not only healthy to your body, but also satisfying to the mind.

The positive side of stress is when you can become relaxed and accept what you have accomplished. The negative side of stress is when you can't relax after your goal has been met. Increased heart rate, higher blood pressure and stomach and muscle tension are all signs of negative stress. If negative stress starts

to build up it could and most often will lead to mental and physical illness and exhaustion. Stress can directly affect your nervous and immune systems, hormone levels, metabolism and heart rate. Stress may affect your recovery from-as well as your vulnerability to illness. Patti Nielsen, our Dana College nurse, suggests that you create your own support system to deal with stress. Don't abuse alcohol, caffeine or pills to cope with an upcoming test. Lower your expectations when with your family and "Go with the flow!" Patti added that "You should keep your expectations realistic and don't let your

work pile up and have to dash for the deadline." Ease into your work and accomplish it within an area and time frame acceptable to you and your professors. Here are some Long-Term ways to handle stress: 1.) Seek your own stress level. Strive for excellence within your limits. 2.) Choose your own goals. 3.) Become a part of a support system. 4.) Think positive. 5.) Make positive decisions. 6.) Keep your expectations real. 7.) Accept what you cannot change. 8.) Anticipate potentially stressful situations and prepare for them. 9.) Live in the present, learn from the past and move on.

## CAMPUS CALENDAR

- Friday, Nov. 10 at 7:30 p.m. in the Linden Room, Student Life will show "The Patriot" starring Mel Gibson.
- Saturday, Nov. 11 at 3:00 p.m. will be women's basketball against Marycrest.
- Sunday, Nov. 12 is Brunch on the Hill.
- Sunday, Nov. 12 is wrestling at CMSU open all day.
- Sunday, Nov. 12 at 3:00 p.m. will be men's basketball against Huron University.
- Tuesday, Nov. 14 at 2:00 p.m. in the Forum, Gil White presents "Europe on 84 cents a day."
- Tuesday, Nov. 14 at 5:30 p.m. and 7:00 p.m. will be women's and men's basketball against Grandview College.
- Wednesday, Nov. 15 through Sunday, Nov. 19 at 7:30 p.m. will be Dana's production of "And The World Goes 'Round" in MFAC.
- Wednesday, Nov. 15 will be lazer tag. Sign up in the Student Life office and bring a \$2.00 deposit.

## TEN WAYS TO BEAT STRESS

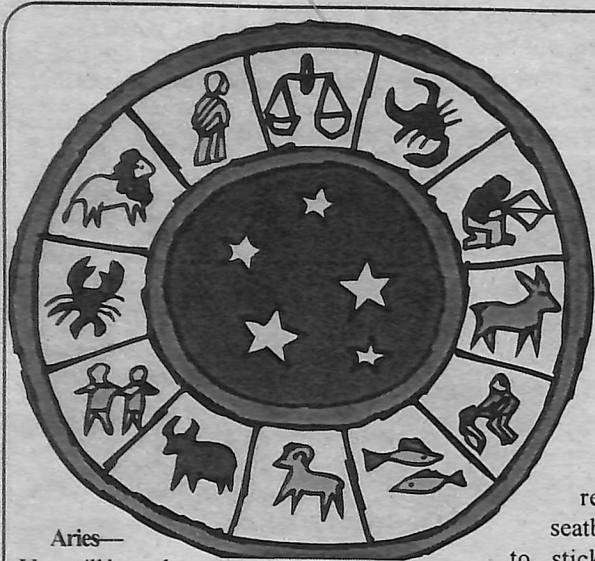


by Kyle Evasco  
Hermes Staff

Stress, an every day occurrence in college, has the tendency to create tension and discomfort in our social affects us all in many different ways and we all deal with it in a manner we believe

# OPINION

## JOE GUNTER'S WACKY HOROSCOPES



**Aries**— You will have the urge to fight the effects of western religious influence on the third world people of Bhutan, and then you realize you have no idea where Bhutan is, or if it even exists.

**Taurus**—You will find a burrito.

**Gemini**—If you plan on eating in the cafeteria this week I would read up on Botulism.

**Cancer**— Stop rebelling and wear your seatbelt, there are better ways to stick it to the man than by killing yourself all over his interstate.

**Leo**—Avoid blind dates. There is a reason those people can't go out with someone who knows them.

**Virgo**—Don't ask your male friend about the dirty sock and rotten banana in his top drawer.

**Libra**—Wash your sheets. No one else thinks the tiny little creatures living in them are "just like sea monkeys".

**Scorpio**—People think your idea of "Globalization" is sick, go on a diet!

**Sagittarius**—Consider getting a pet, like a cat, goldfish, or midget.

**Capricorn**—You will be visited by 17 transsexual baton twirlers, whether you twirl the baton too is no one's business but your own.

**Aquarius**—Selling your friends dirty undergarments on eBay is morally wrong, and do you really want that person near you if they are "going commando?"

**Pisces**—It's a good day to put a few kumquats, some of those teensy little ears of corn, and a few brussels sprouts in a tiny little bowl, and leave it on someone's doorstep with a tiny little note reading "Dear Big People..."

\*Remember these are supposed to be wacky, please don't take offense to the subjects mentioned in the horoscopes!

## IT'S A BIRD, IT'S A PLANE, NO! IT'S A MOUSE TRAP!



by Beth Garber  
Hermes Staff

Because the weather is getting cooler, more mice are coming into the dorms. Not to worry, Theresa Soby, third floor Holling RA has some good advice.

Soby said the first thing to do if you find a mouse in your dorm room is not to worry. The mouse is probably more afraid of you than you are of the mouse. After all, the creature probably only wants a warm place to sleep.

The second step to take, according to Soby, is to contact your RA. The RA can get you a mousetrap from the maintenance department. If the problem proceeds for too long, maintenance will come up and take care of the mouse for you.

Be smart when you find a mouse in your room and follow the steps. They are not pets and could carry some dangerous diseases.

## THE OTHER SIDE OF CAMPUS



by Jeremy Stoll  
Hermes Staff

Recently I was taking a shower. This may seem to be a rather trivial thing to someone that doesn't live in a dormitory, but to a college student every trip to the bathroom is an adventure. One never knows what peril awaits when one is stark naked, ankle-deep in ice-cold water.

After suiting up with towel, personal effects, and fungus-repelling flip-flops, I trekked down the hall. There's a trick to walking down the hall in a towel. Always keep at least one finger hooked around the towel, while balancing personal hygiene products in whatever manner possible. You never know when your towel will become magically untied, or some clever friend decides to untie it for you. (By the way, this is 99% more likely

to happen in a male hall.) Once inside the bathroom, I dutifully checked each stall until locating the one that looked least used, and set up shop.

Once inside the shower the game plan changes. Warm (and if you're lucky, hot) water will be available every other leap year. While adjusting the temperature of the shower, begin scrubbing immediately, because there will undoubtedly be someone that needs to use the bathroom. When said person flushes the toilet you had better have the reflexes of a feather-weight boxer to avoid the scalding temperature change in the shower that accompanies it. Courteous toilet-flushers yell, "Flushing!" so that unwitting shower-takers can take the necessary precautions, and avoid a 1<sup>st</sup> degree burn.

I was doing well that day. I made it all the way down the hall without losing one thing, towel included, and had finished my shower without being scorched or encountering anything unusual on the shower floor. However, as I opened the curtain I was confronted with another dilemma. The Cold Puddle Factor. When exiting a shower one is always confronted by little puddles of cold water from previous shower-takers,

and must try to avoid them. This is usually attempted by trying to step into the fungus-repelling flip-flops directly from the shower and drying off. Less agile shower-takers slip, get entangled in their towel, take a header into a Cold Puddle (catching Athlete's Face), soak their towel, and have to retake their shower anyway. Being more than a little groggy that morning, I opted to get my footing by stepping into the Cold Puddle, and drying off. Another successful shower.

Although dorm room showering is an adventure, it's not Mission: Impossible. Perhaps you have a room-mate or friend that thinks it is, and may benefit from these pointers. A shower should leave a student feeling refreshed and ready for the day. Not that it matters much, because after getting back and looking at the clock you realize you've slept through breakfast and your first class anyway. Might as well just go back to bed.

## WHAT IRKS ME



by Melissa Lewis  
Hermes Staff  
*\*Editor's Note:  
We encourage all  
faculty and  
students to write  
a column for  
"What Irks Me"*

Being an elementary education major, I am irritated by educational matters. The number one thing that irks me is when college students do not take their education seriously. It is expected by younger individuals to attend school and obtain an education. After receiving their high school diploma, it is the choice of the young adult to continue their education. I have heard several people say that their parents pushed them into

going to college or they felt like it was the next step of a continuous pattern. I agree that college should be the best years of your life, but when does one draw the line? Shouldn't people attend college to gain knowledge on a particular field and meet people who influence their lives in one way or another? How come people come to class and put their head down to sleep? Why is it that some people hardly ever go to class? Why even attend college? Why would you waste an amount of money it would cost to buy a 2001 automobile to sleep and slack off? Do these people not feel bad about wasting the money of their parents, loans, scholarships, or other sources of money? I believe that the majority of students at Dana come to prepare for the future. I admire these people; they will be leading our world in the future.

## 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.

Readers are encouraged to submit story ideas and comments by calling (402) 426-7328, or via Hermes, Dana College, Box 1252, Blair NE 68008. Submissions must be received by 4:00 p.m. Monday to be printed in the weekly issue.

# SPORTS

## WRESTLERS LOOKING FORWARD TO A SUCCESSFUL SEASON



by Mary Sutherland  
Hermes Staff

Dana College Wrestling is underway. The Vikings kicked off

their season last Friday at the South Dakota State University Open in Brookings, SD.

Coach Steve Costanzo is looking forward to what he expects will be a successful season. The Viking's season officially began with practice in early October, but conditioning started in August. Conditioning was not mandatory, but according to Costanzo most of the men came consistently. "I

was very enthused when almost the entire team showed to those practices since they weren't required. It's a good sign of a good team."

Making up this year's team are many returning wrestlers along with 20 new athletes. "We had an outstanding recruiting year," Costanzo said. *USA Wrestling Magazine* rated the Vikings "15<sup>th</sup> Best Recruiting Class" in their division. Among the new recruits are Keith Clausen and Joe Durick, state champs from Underwood, IA. Pete Isham, a transfer student from Briar Cliff, comes to Dana as a NAIA All-American. The Vikings are also looking for veteran leadership from last year's "Viking Wrestler of the Year," Ben Wilcox and Dana wrestler turned assistant coach,

Steven Jenny.

Last year's season had its ups and downs according to Costanzo, but "we finished strong." The Vikings rounded out their last season with seven national qualifiers and two Academic All-Americans. When asked about goals for this year's season, Costanzo said, "We are just going to take it one meet at a time. We have to become more consistent."

The Viking's season will stretch until the NAIA Regionals on Feb. 17 in Sioux City, IA and the NAIA Nationals on Mar. 2-3 in St. Charles, MO. The Viking's first home meet will match them against Briar Cliff on Dec. 7.

## WOMEN'S BASKETBALL



by Jon Carlo  
Hermes Staff

First year women's basketball coach Eldon Johnson and the Lady

Vikings are preparing for a successful season. The first game was against Graceland College on Nov. 4th.

The Lady Vikes did get a chance to show their skills two weeks ago in Denmark competing against Danish clubs. The Vikes were 2-3, but coach Johnson felt that his team improved each game.

Johnson commented, "The games we competed in at Denmark were great to give our team some experience before our first game."

The Lady Vikings will not have any specific offensive threat, however, with everyone contributing they can compete in the GPAC.

## WOMEN'S SOCCER ENDS WITH A WINNING SEASON

by Jessica Gall  
Copy Editor

The Dana women's soccer team ended their season with a 17-4 record; the best record in the five years soccer has been at Dana. There were hopes of making the regional tournament, but Dordt, whom Dana beat in conference play, got the bid. The point system is based on regular season play and since Dordt beat Dana 5-3 earlier this year, the points went to them.

The soccer team did not let us down at the end of the season. They made a

great showing in the conference tournament, battling their way into the finals. They began their journey with a 5-1 win against Concordia. Scorers against Concordia were sophomore Tanya Dugan, junior Jenny Wilcox with two, and senior Amanda Stoffel with two. The next match up was a tough away game against Dordt College. The team knew it would be a rough game, but managed to stun Dordt with a 3-0 win. Scorers were sophomore Lindy Heavrin, freshman Erin Rozelle, and freshman Natalie Sifers. The final game of the

season came against a very tough Hastings College. Dana managed to hold them to only two goals but could not come back on offense to take the win. Dana lost to Hastings 2-1 with an injured Dugan scoring Dana's only goal. Coach Wick was impressed with Dugan's spirit, "I don't know many players who could play after fracturing an elbow and getting into a car accident...there was no stopping her."

Already Coach Todd Wick is looking forward to next season. He said that he will miss the seniors leaving after this

year—Amanda Stoffel, Rachel Herman, Molly Fuxa, and Noel Tesar—but hopes to find replacements with as much heart and talent as they had. He is planning to do some adjusting with the remaining members of the team as well as possibly recruit two defenders, two forwards, or one midfielder. Right now he may be unsure of the assignments for next year, but he knows that Dana can only get better. "Dordt and Hastings are both graduating a lot of players... we have many coming back—we should be the team to beat," said Coach Wick.



Andy Sifers watches sister Natalie play soccer.

## SOON: INDOOR TRACK



by Jeff Mangus  
Assistant Editor

If you enjoyed watching the Dana College cross country team, get

ready. Indoor track practice is little more than three weeks away.

Coach Jay Birmingham, who is in charge of indoor track, has already begun to draw up the schedule for the short season. Indoor track has only six weeks of competition, and Birmingham has meets lined out for each of those six weeks. Of course, these six meets include the Great Plains Athletic Conference (GPAC) Championship and later the indoor national meet.

Indoor track includes many of the same types of events as outdoor track, but there are differences. Indoor track does include shot but there is no discus.

Furthermore, he said, Dana College usually has only a partial squad for track. "We have quality, but usually not quantity," Birmingham said. For this reason, indoor track at Dana is viewed largely as an opportunity to improve individual racers (for outdoor track) rather than putting all the emphasis on team victory. Birmingham said he does expect around eight runners to qualify for the indoor national meet. He named several standouts, including Chris Lagazo (long jump), Allen Wagner (middle distance), Stephanie Collins (middle distance) and Chenel Sanders (sprints). He added that these

names were by no means all of the best runners, and that he was hopeful for quality in many of the fall sports athletes.

Birmingham also said that if Dana ever decides to really focus on indoor track, it

will require a better place to train. As it is now, the team must sometimes train outside as Borup Coliseum is simply too small. He said the addition now being constructed will allow them to conduct indoor practices. This will help Dana considerably, Birmingham said, considering that three quarters of the schools in the GPAC have their own indoor tracks.

The first meet of the indoor track season will be during the last two weeks of January, with the other six following in order. The final meet, the NAIA indoor track nationals, will be held March 1-3 in Johnson City, Tennessee at Eastern Tennessee State University. Anyone interested in a rough schedule should talk to Birmingham at the beginning of the indoor track season.

### Learning Center

For course assistance, studying or advice—consult the Director or the tutors.  
Services are Free!

Open Monday thru Friday and  
M,T&TH evenings.

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RANDOM  
PICTURE OF  
THE WEEK



Photo By Erik Hoffman  
Co-Graphics Editor