

Hermes

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Dana College

New Studies Show Marijuana May Be Addictive

By Taniquelle Thurner
Badger Herald (U. Wisconsin)

(U-WIRE) MADISON, Wis. - Marijuana has always been known as the "non-addictive drug." However, recent studies have discovered it may be addictive after all; they have also found marijuana use is on the rise.

Drug use on the University of Wisconsin-Madison campus may be rising, according to statistics compiled by the University Police Department.

In 1999, the university police made 66 drug-related arrests. By 2000, that number had risen to 97.

In 2001, however, 126 cases involving narcotics were documented. Of those, 84 involved possession of marijuana, three involved sales of marijuana and five involved possession of marijuana with intent to deliver, said detective Bruce Carroll of the UWPD.

Many UW students claim marijuana is the most popular drug on campus because it is not addictive, in comparison to cigarettes, alcohol and other drugs.

"I smoke [marijuana] because it calms me down," a female UW junior said. "Plus, it's not like cigarettes where you crave one all the time. It'd be easy to stop smoking pot."

A male sophomore agreed.

"There is no risk of physical addiction to this drug at all," he said.

However, new scientific evidence is showing this may not be true.

Scientists have learned that marijuana may be addictive — at least for some people. The New York Times reported Jan. 29 that studies have shown 10 to 14 percent of the population can become strongly dependent on the drug, and addiction rates among teenagers are rising in large cities such as New York and San Francisco.

Last year, Dr. Alan J. Budney, associate professor at the University of Vermont and director of its Treatment Research Center, conducted a study to determine whether heavy marijuana smokers suffered withdrawal when trying to quit.

Budney discovered when people stopped using the drug they experienced symptoms such as cravings, decreased appetite, sleep difficulty, weight loss, aggression, anger, irritability,

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Learning Center Increased Tutorials And Students For Fall, Numbers Show

Library facility has recently helped many more students make the Dean's list

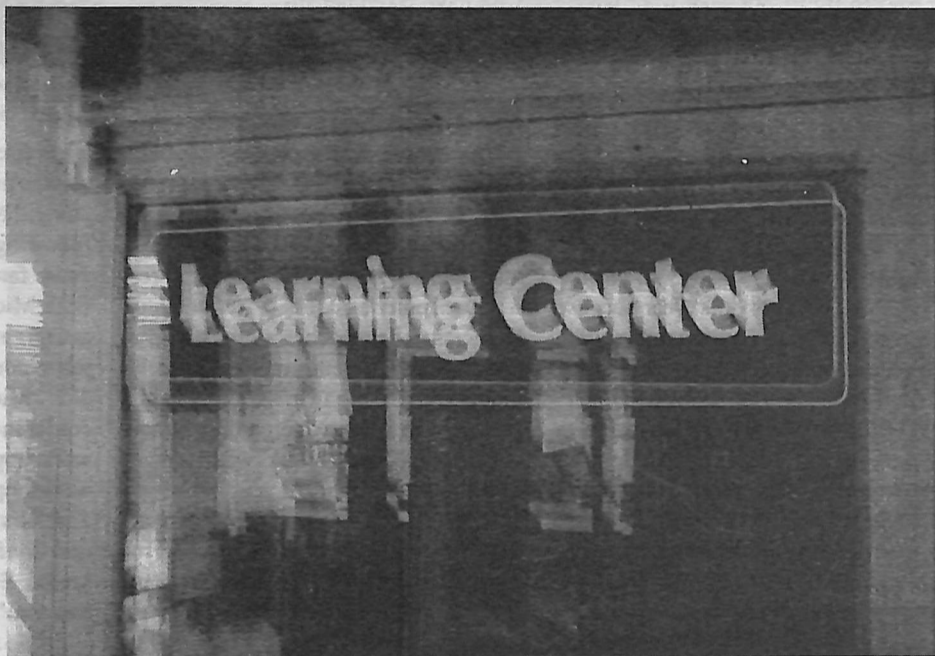
Toni Hoffmeier
Staff Writer

Recent results for the Learning Center show a big increase in student participation. Does this mean Dana as a whole is getting more studious?

Many students don't do their homework because they think they will never understand it, or that no one is around will help them. That's not so: according to the Fall Semester Learning Center Report from Director Lori Nielsen, tutorials were up last semester, as were student grades. When asked if she was happy with the results, Nielsen responded, "Absolutely, we had a great attendance this fall."

There were 286 tutorials for 125 students and 33.6 percent of those students made the Dean's List. This is up from the average of 238 tutorials, 90 students and 29.0 percent making the Dean's List. Clearly, more students at Dana College were seeking advice and help last fall.

Neilsen said that tutorials



Tutors at the Learning Center broadened their outreach quite a bit during fall semester, going into halls and giving more tutorials to more students. As a result, many got better grades, with about 34 percent of those tutored making the Dean's List. Director Lori Nielsen was pleased. Photo by Kjaer Kirkegaard.

were from "all around [class standings], but the larger freshman class helps as most class tutorials are for the 100-200 level classes."

According to Nielsen, they had different strategies to get students to attend the Learning Center. An open house was held, tutors visited the the classes they were going to tutor for, and Nielsen sent out e-mails often to remind students if they needed help,

they could come the the learning center.

Not only were tutorials held in the Learning Center, they were also held in the lounge areas of the dorms. Attendance in Holling Hall was good, while Argo rated fair and Mickelson's was so poor that the tutoring night was cancelled in October.

Whenever you go to a tutorial session, you are asked to fill out a form and your professor will be notified that you went to get help in the class. This can have the effect of causing your professor to think you are a good student, which can be good.

"Absolutely, we had a great attendance this fall."

-Director Lori Nielsen

Prospective RA Meeting In Linden Room Draws Crowd

Matt Bloomingdale
Staff Writer

The 2002-03 prospective Resident Assistant (RA) meeting was held Tuesday in the Linden Room. With the strong possibility of Rasmussen Hall closing, only seven RA positions are left to be filled.

Interested students attended the meeting to gather information and hear current RA's share their experiences.

With the new living arrangements next year, leading to the probable closing of Rasmussen Hall, the number of openings is substantially fewer than in previous years.

Over 40 students attended the meeting to show interest in the seven positions.

The openings included four po-

sitions for women and three positions for men.

Residential hall director Micken Olsen was pleased with the shown interest.

"We feel that this is the best [student] position on campus," said Olsen. "We had a good crowd."

Besides doing rounds, completing paper work, and enforcing college rules, RA's are expected to be Human Development Facilitators (HDF).

RA's are available to "help new students fit in and adjust to changes of being away from their families," said Olsen.

Prospective RA's must maintain a 2.5 GPA, be 18 years of age, have a clean discipline record, have lived on campus for a semester, show potential

RA MEETING Cont'd On Page 2

CAMPUS BRIEFS

Here's something students should know about: tuition and fees are going up, along with room and board.

The newest budget for Dana, 2002-2003, includes an increase in these four areas to be 5.79%. This means, by rough calculation, each Dana student could be paying as much as a thousand dollars more. Neither the general nor the student body fees will increase, but they are among the least of the Dana's charges.

Now's the time to start saving up your pocket change: an extra bag of money could come in handy during this upcoming year.

The Board of Regents also promoted Dr. Carla Delucchi and Dr. John Lyden to full professors. Congratulations!

FEATURES

Dr. Therese Michels: Organic Chem. Prof.

Tiare Rodrigues
Staff Writer

At Dana since 1986, Michels has encouraged a passion for chemicals in the academic lives of her many students

Dr. Therese Michels is one of Dana's fine science professors. Although somewhat obscure, except to her chemistry students, she brings with her a passion for learning and for chemistry.

In her office on the third floor of Dana's Hall of Science, she sometimes reads a historical novel, talks to students or tries to figure out what went wrong with her last experiment. Right next to her desk sits a bookshelf packed with science textbooks and journals. "I have a huge bookshelf at home, which runs from wall to wall and from floor to ceiling, packed with more science texts and history books," Michels says.

Michels has been Dana's Organic Chemistry professor since 1986. She left Creighton University that year because Dana offered more opportunities. She likes Dana because she is able to know students on a first-name basis.

"Come graduation, I am able to help write good recommendations to their future employers or universities," Michels says.

After eight years at Dana, helping both the science illiterate and those who feel an equal passion for science, she has carved herself quite a niche on campus and in the heart of the Dana science community.

However, there are those students on campus that don't particularly like the fact that her passion for science

sometimes seeps into her teaching, making it harder on the students who have no such passion to learn. Outside of class she is bubbly, always remembers your name and always has a smile on her face. Those who have taken her interim course can certainly attest to her being a morning person.

Unfortunately, this professor didn't always have such passion for chemistry.

In high school, Michels found chemistry challenging and didn't even think about making it her chosen profession until entering college. At Creighton University, her teacher suggested that she major in chemistry because he thought that she had potential. So she kept up with it, took Creighton's honors courses and has "stuck with it ever since."

She later left Creighton and attended the University of Nebraska at Lincoln, where she graduated Phi Beta Kappa and Summa Cum Laude. Michels was married, then earned her Ph. D at Iowa State University. She then went on to work for Phillips Petroleum Company in Bartelsville, Okla., as a research chemist.

"Basically what I did was, if there



Dr. Michels in her office, where she has historical novels and orange juice "element clocks." Photo by Lysie Cetto.

was a fire, I would try and figure out if it was the product or someone else's wrong doing," Michels says. She left Phillips following the birth of her son, and the entire family moved back to Nebraska. Both Michels and her husband worked at Creighton University until she left her job to come to Dana.

Michels will soon be attending a conference in San Diego to present a workshop on chemistry education. The workshop, held by the National Science Teachers Association, will be the second conference at which she has presented. Even though those first-time jitters aren't there, she is still excited.

So if you happen to be on the third floor of the Dana Hall of Science, stop into her office, say hi and ask her about her "elements clock."

Evidently, it can run on orange juice.

RA MEETING Cont'd From Page 1



Several dozen students went to apply for being an RA next year. Photo by Kjaer Kirkegaard.

and be a role model to students.

Being a RA has many advantages. Olsen said studies show that 60 percent of Resident Assistants increased their GPA significantly, and their time management skills and study habits also improve.

However, being a RA has other advantages. Holling RA sophomore Tiffany Poole said that being a RA has allowed her to "meet amazing people that I wouldn't otherwise have met."

Blair Hall RA junior

Matt Albright found that being a RA has "helped [him] create a fellowship among the floor."

Other advantages include having your own room, which would be a premium with the lack of single rooms should Rasmussen Hall close, as well as a \$1,700 yearly salary.

Applications for 2002-03 Resident Assistants are due in the Director of Residence Life Office or Box 1253 on March 1 by 6 p.m. Three references are due by March 4. Interviews will be announced through campus e-mail and selections made the week of March 12.

MARIJUANA Cont'd From Page 1

restlessness and strange dreams.

A male UW senior admitted to some difficulty when he tried to stop using marijuana.

"I play [sports] for the school," he said, "and we have drug tests, so I used to smoke off-season and then quit when we had to start training. But this year, I couldn't quit. Sometimes I just can't sleep unless I smoke up."

A female UW graduate student said she agreed.

"I have to smoke up because it slows me down and helps me study. My grades would seriously drop if I didn't [use marijuana] to help me focus."

Until recently, no experimentation had been done on animals to determine the effects of marijuana — in particular, the primary ingredient, delta-9 tetrahydrocannabinol, also known as THC.

Last year, however, scientists

at the National Institute on Drug Abuse found monkeys would voluntarily give themselves THC in amounts similar to those inhaled by people who smoke marijuana. Self-administration of drugs by animals is perceived to be a trademark of addictive substances.

The Core Survey, a report conducted to poll the social habits of college students, reported 33.6 percent of college students admitted to using marijuana in the last year and 20 percent admitted to using it in the past month. With such a large percentage of students using the drug, it is possible some are addicted.

One UW-Madison sophomore said he realized he had a problem with addiction last year.

"It's weird," he said. "Everyone always says that this stuff isn't addictive, and I believed it. But when I tried to stop smoking pot, it was really hard. I don't

think people realize that. A lot of people out there are smoking away, thinking they can stop any time, but it's just not that easy."

University Counseling offers many sources of help for those who feel they might have a problem with addiction. A support network for friends and family of addicts, called Mar-Anon, which is loosely based on the Alcoholics Anonymous 12-step program, offers Internet resources.

Campus Happenings

Compiled by Toni Hoffmeier
Staff Writer

A Student Senate Technology Sub-Committee has been formed to keep communication current between Computer Services and the student body. Through this committee, students will be able to bring up concerns and give information on topics that are of interest to them. There are four people currently on the committee. Erik Hoffman, Vice President of Student Senate, is a member, as are Toni Ahrendt, Secretary of Student Senate, and Erin Rozelle and Mary Sutherland. Anyone with questions may contact them.

On Friday, March 1, Computer Services will be updating the security on the wireless network. If you haven't done so already, provide your log on name and wireless network card address to Computer Services to keep continuous network access. Anyone who does not contact Computer Services runs the risk of having their wireless network service interrupted for security reasons. The form and instructions can be found at the website http://www.dana.edu/comperv/network_access_form.htm (there are some people who bought their wireless cards from the bookstore and do not need to fill out this form).

These people are:

- Christen Neben
- Emelyn Wiggins
- Kiley Bair
- Amy Miller
- Ashley Schroder
- Charles Kaup
- Amy Jorgensen
- Jayson McCune
- Sarah Olson
- Matthew Reed
- Marshall Marquardt
- Shane Barsell
- Scott Taylor

Computerthon 2002 kicks off this Sunday, February 24, and runs through Thursday, February 28. Student Senate volunteers will be calling our parents on these days between 7-9 p.m.

The purpose of Computerthon is to raise money to help Computer Services make upgrades on computers around campus that are available for student use. The goal is \$12,000 this year, and Student Senate will be matching all gifts up to \$5,000.

Viking Film Society

Thanks to everybody who came for a great fall semester.

We'll keep you posted on new showtimes for the spring semester.

February's Theme: Romantic/Erotic

Ideas?

Send us letters to the editor! Our delightful Dana e-mail address is hermes@acad2.dana.edu, or you can just enjoyably call us at (402) 426-7328.

Let us know what you think!
The Hermes Staff

OPINION

Dana Housing Policy Needs Extensive Review

Derek Fey
Guest Writer

How many of us who attend Dana can actually say we hate this college? Not very many. At least, one hopes not. Otherwise, why would we stay? Most of the rules and regulations of Dana are in place for a certain reason. Those reasons may seem a little out of touch with reality, but for the most part, they're somewhat warranted.

One of the policies that needs to be revised is the off campus housing policy. The policy (at least as of this year) states that a student can get off campus if they: are at least 23 years old, have a child, are married, are of senior status AND have lived on campus or are living with parents (provided that they live within 30 miles of Blair). Rumors have it that this policy will undergo another change within the next year, to put on even more restrictions.

Before I argue for the

succeeding, students that live on campus have a better connection to the campus and its social activities. I would argue that is a fact also, although it seems ironic to me that a school that claims to prepare its students for adult life has policies geared for adolescence.

However, there are a few flaws with this line of reasoning. The objectives of forcing students to live on campus are not at all consistent with the goals and objectives of Dana College. Dana is to prepare us for our future life in the real world. Dana's housing policy does not prepare us. The web site claims that by forcing us to live on campus we will be better Dananites. It's not enough to just succeed at Dana. And that's why this policy needs to become as extinct as the dodo bird.

Don't get me wrong, I love Dana's campus. But I'm 22 years old, and still forced to live in a dorm. My proposal: a student should be able to leave campus after their sophomore year. Some would argue that we only really need one year on campus to understand college life. But by a student's junior year, there is no need to stay on campus. By that time most students are 21, the age of pure adulthood, and should be allowed to learn about the real world. This can only be done by letting students become more

independent. And this can only be done by releasing them from on campus housing.

As an accredited college, Dana is always looking for ways to improve its image. This is the perfect time to do it (as we are within two years of being reevaluated by the accreditation services). Dana can finally claim to truly be preparing its students for the real world.

With the current policy, Dana's claim is only a fairy tale that the administrators have passed down for far too long.



Dana's Mickelsen Hall. Photo by Kjaer Kirkegaard.

annihilation of this policy, we must examine why it is in place (or at least this writer's ideas concerning why it is in place). Firstly, the obvious one: money. As much as school officials would hate to admit it, money is a key role in the idea that students can't leave campus. Without students on meal plans and in the dorms, the college is losing money. That's a fact. Another reason is found on Dana's web site: "Research has shown that students living on campus are more likely to succeed in college." If we're on campus, we'll succeed in college. That's apparently a fact. Besides

CD Review: Broken Yoke

Destiny
Broken Yoke
Independent
April 2001

Broken Yoke plays a brand of solid hard rock that can satisfy just about all rock fans whether they prefer alternative, punk or rap-core. Broken Yoke, formed in Lima, Ohio, in early 1998, performs all over the Midwest with incredible, passionate live shows.

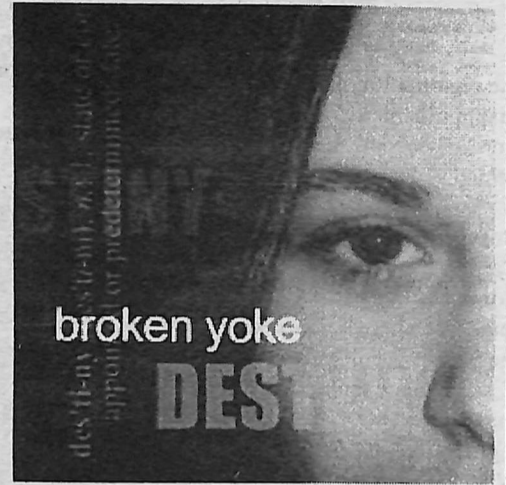
"Destiny" is Broken Yoke's second full-length album. On their first, self-titled release, the band leaned more toward acoustic and punk sounds. On "Destiny," the band's sound leans more into harder, melodic rock, reminiscent of Creed and Three Doors Down. "Lead Me On" and "Cannonball" are dark, heavy songs with deep bass rhythms, thick guitar sounds and gritty vocals.

The band's lyrics are just as strong as their music, making no apologies for the band's spiritual beliefs. "Better Man" captures the struggle to become just what the title says. "The Rain" has lyrics that are simple, sweet and uplift-

ing. Standing for what they believe in is the band's message, and the title track depicts that message elegantly.

Their soft-rock tribute to Dr. Martin Luther King, Jr., "Dream," is a true inspiration. I had the opportunity to see Broken Yoke live at a MLK Day concert in Chicago recently. "Dream" gained an amazing reception from a racially mixed audience as the band's final number. I suspect that listeners will be inspired to receive this album just as well.

-Todd Maxwell



Furious Snow Storm Nearly Destroys Presidential Scholarship Competition

Jeff Mangus
Staff Writer
Seventy-five survivors wipe brows

The 2002 Presidential Scholarship Competition's party was nearly crashed by snow, ice and wind as many competitors were unable to attend.

Held on Sunday, February 10, the Presidential Competition was coupled, as usual, with the Melchior Musical Scholarship Competition. Seventy-five prospective students attended the Presidential Competition, but many were apparently kept out by the snow. "The snow hurt us quite a bit," said Denise Work, Dana's Lead Counselor and Assistant Director of Admissions. "We had cancellations because of the snow," she said, adding that many of the students who would have come (but were snowed out) had trouble making it to the make-up day Feb.

18, because they had prior commitments like school and athletic practice.

Of the seventy-five who competed for Presidential honors, Work said that 75% of the awards given would (each) be more than \$1000. Presidential scholars are guaranteed this amount if they are invited to the competition; only one full-tuition scholarship is awarded, unless there is a tie. The awards are given based on a combination of the student's high school GPA, score on the ACT, an interview conducted by a combination of faculty and students, and an essay written on a given subject.

The results will be officially released after March 1, when all the essays are graded and all the scores for the individual parts of the competition are compiled and added together.

Artist's Profile



Janai Robinson

[German and Graphic Design]

Left: "Vigor." Her motives?

The anteater is not considered a powerful animal like a lion. Hence the irony of the title: his position and attitude suggest something just a little different than his actual existence as an anteater.

Photo by Kjaer Kirkegaard.

HERMES

DANA COLLEGE

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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. on Tuesday.

SPORTS

Recount Gives Dana Wrestlers Regional Title

Marshall Marquardt
Staff Writer

The Viking wrestling team left the regional tournament last Sunday in disappointment, believing they had finished second in the team standings behind William Penn College.

But after head coach Steve Costanzo and assistant coach Trevor Carritt recounted the scores on the ride home, they saw a problem. The tournament was not scored according to the championship rules.

After the protest, it was decided that the Vikings won their second regional title in two years, edging out William Penn, 111 to 109.

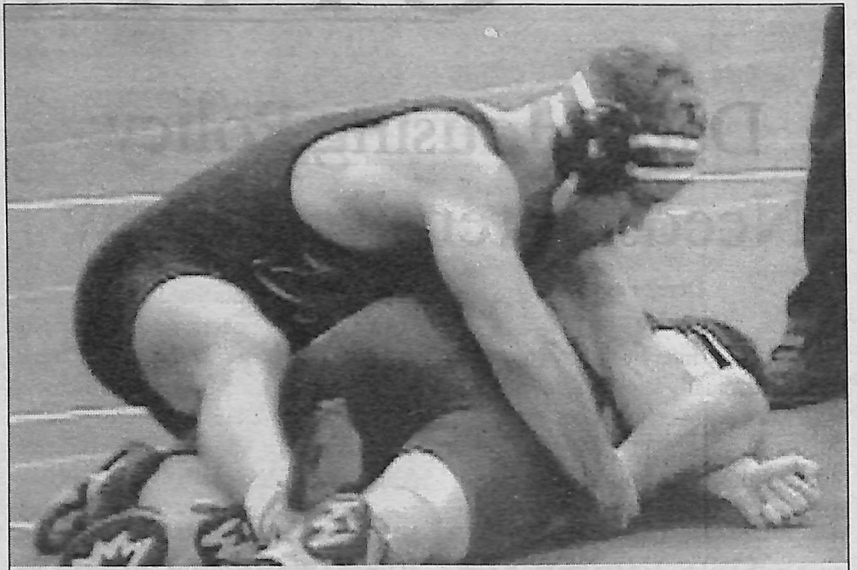
"We had a funny feeling when the score was read off and we found

ourselves 16 points behind the team leader," Costanzo said. "We had 11 individuals in the championship round and came away with three champions, five runner-ups, one third and two fourths. To place 11 individuals and be that much behind a team with similar results, it kind of makes you wonder."

Junior 174 pounder Justin Williams, sophomore 149 pounder Sam Melendrez and freshman 157 pounder Leister Bowling all took home the gold medal and the prestigious title of regional champion.

Melendrez extended his winning streak to 14, compiling a record of 30-10.

Costanzo said that more than one person could be credited with this win. It wasn't just a few individuals doing



Junior Justin Williams won his class at 174 lbs during the NAIA Central Region's tournament Sunday. Two other wrestlers won their weight classes. Photo by X

well, he said. It was the entire team. "This tournament was won by every member of our twelve that competed. When you have a tournament this close

every win, fall, major decision and placing is critical. This tournament easily could have went the other way and we are just fortunate that it went ours."

Bowling had an outstanding tournament, avenging an earlier overtime loss to William Penn in the finals, 7-2.

"It felt really good winning that match after losing to him on a locked hands call earlier this year," Bowling said. "I took a different approach going into the match and it worked out pretty well."

Sophomore Brian Welte and junior Luke Kuhl both qualified for the national tournament after placing second and third, respectively.

The Vikings will take 11 wrestlers out of a possible twelve to the national tournament held in Great Falls, Montana, March 1-2.

Senior Pete Isham, juniors Wynn Fangmeier and Tom Wissman and sophomore Keith Clausen all made it to the finals but fell short of a championship. Clausen lost to the "most valuable" wrestler of the tournament, as voted on by coaches of the teams taking part.

Sophomore Art Castillo and freshman Brian Tsutsumi took home fourth place finishes.

Track: Four Runners Qualify for Nationals

Marshall Marquardt
Staff Writer

Tripp, Humphries, Shelton, and Sanders reach NAIA qualifying marks

The Viking tracksters crushed more records this past weekend while competing in the John Dalton Memorial Invitational in Vermillion, SD.

Senior John Tripp sprinted the last 200 meters in the 1000 meter race to win with a NAIA qualifying time of 2:34.05, breaking the old Dana record set in 1996.

Freshman Chris Humphries carved 0.16 seconds from the former record in the 200 meters, placing third overall. Junior Matt Maltby improved his own shot put record by six inches,

throwing it 50' 6-1/2".

Freshman Willie Shelton dashed the 60 meters in 7.17 seconds for third place and another Viking record. Sophomore Anthony Metcalf claimed sixth place in the 500 meters after posting a record time of 1:13.05.

Freshman Donnell McCant claimed Dana's second victory, bounding to a 44'5" jump in the triple jump. McCant also leaped 21'1" in the long jump, good enough for third place.

Junior Stephanie Collins placed third in the 1000 meters, recording a time of 3:09.34. Other third place finishers

included sophomores Chenel Sanders and Marcie Smidt in the 200 meter race and the high jump, respectively.

"This was a great meet for our team," head coach Eric Jensen said. "Humphries, Shelton, Tripp and Sanders' performances were all good for NAIA national qualifying marks. This will give our team momentum heading into the conference meet."

The next meet will be the GPAC Indoor Championships at Nebraska Wesleyan, which is scheduled to be held on Feb. 23 in Lincoln, NE.

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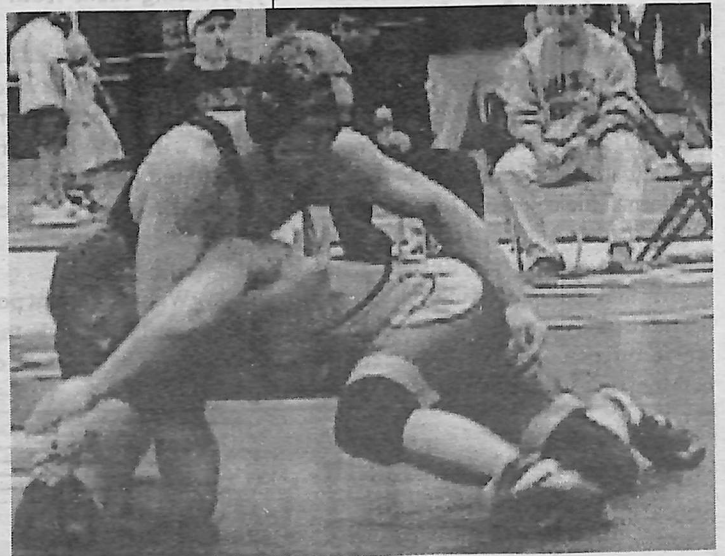
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Below: Junior Wynn Fangmeier, wrestling earlier in the year. He placed second in the regional meet. Photo by X.



Sports Dana's Upcoming Battles

Indoor Track and Field: 2/23 GPAC Indoor Championships at Nebraska Wesleyan in Lincoln, NE.

Wrestling: 3/1 and 3/2 NAIA Nationals at Great Falls, MT. More information will be available later.

Men's Basketball and Women's Basketball have finished their seasons.