

Hermes

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Dana College

Inside

Pat West, Lunch Lady

She sits at the top of the stairs, behind a humming computer. She knows the names of everyone who enters the cafeteria. *Page 2.*

CD Review

Jack Johnson, a native Hawaiian surfer, became a film student, and then began dabbling in something else: music. *Page 3.*

The Race Factor

People who don't think there is any racism at Dana College are wrong. America is riddled with it, and Dana is no different. *Page 3.*

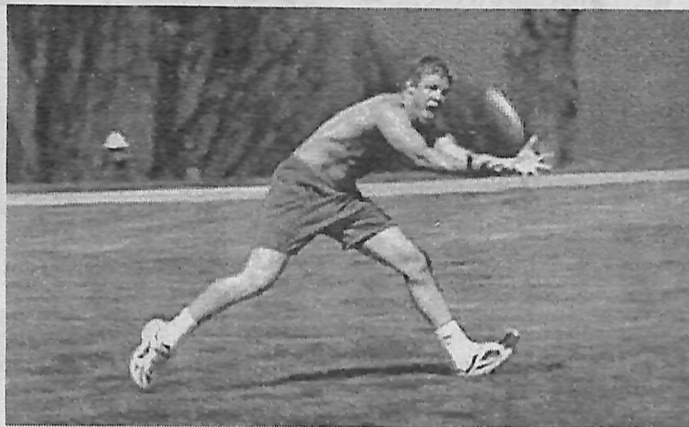
Outdoor Track

After scoring one first place, four seconds and qualifying two for nationals, Dana's track team came home feeling exuberant. *Page 4.*

Students Revel In Warm Weather

A sudden bout of sunshine dropped down on Dana's campus like a dragon dropping out of the sky. Amid all the complaints about air conditioning being off and the grass being too green, some students found time in their busy days to enjoy themselves in Dana's own oval.

Pictured (right) is freshman Marshall Marquardt, chasing a frisbee as though his life depends on it. With warm, gusty winds for the past couple days, and occasional rainstorms, he chose to take off his shirt. Photo by Kjaer Kirkegaard.



Sartore: In The Wild With A Camera

National Geographic photographer describes his shooting adventures in Bolivia and America: piranhas, wild pigs, flesh-eating parasites, and more

Jeff Mangus
Staff Writer

photographer could imagine.

Sartore's trip to Madidi National Park in Bolivia, one of the most diverse parks in the world, involved things like swimming in murky, piranha-infested waters (wearing only a wetsuit and clutching a camera).

He also spent time crouching above a sweltering mudhole, on a platform, hoping to photograph a wild pig.

While in Bolivia, Sartore filled a journal with disparaging comments about his adventures, and National Geographic later chose to publish the work.

Some time after the Bolivia trip, Sartore noticed a small hole in his leg. He went to a doctor, and soon found out

he'd brought back a flesh-eating parasite from South America. Sartore started treating the problem immediately, and eventually recovered.

National Geographic photographers take about 1000 rolls of film for each story, said Sartore, in order to ensure good pictures and plenty of them.

One of Sartore's recent trips was journeying six hundred miles west into Colorado, where he shot sage grouse for the magazine.

He is currently shooting rolls of Attwater's prairie-chickens, which are quickly becoming endangered. Only

NATIONAL GEO Cont'd On Page 2

Health Experts Dispel Hangover Myths

By Jennifer Wlach
The Chronicle (Duke U.)

(U-WIRE) DURHAM, N.C. - They are one of the great mysteries of college life, the seemingly unavoidable result of a night of drinking: hangovers.

Everyone offers a remedy — from coffee to multivitamins — but no one has found a cure.

Although there is no proven antidote, there are steps people can take before, during and after drinking to help lessen their morning-after pain.

Before students begin to imbibe, they need to put food in their stomachs, said Cynthia Kuhn, professor of pharmacology.

"If you eat before you drink, your peak blood alcohol level will be slowed because the food slows absorption," she said.

Another key prevention method is drinking water.

"It is important to be well hydrated before you start drinking, and to continue hydrating yourself while you drink," said Jeff Kulley, coordinator of alcohol and substance abuse services, who recommends alternating water or sports drinks with alcoholic beverages.

Experts agreed that the selection of drinks also factors into the severity of a hangover.

Certain liquors known as distilled spirits contain congeners — higher-order alcohols that can be toxic to the brain and add to the effects of a hangover, said Dr. Bill Christmas, director of Student Health Services.

HANGOVER REMEDIES
Cont'd On Page 2

It's not all clean clothes and expensive hotels out there in the wilderness on a photo shoot.

Dana students and Blair citizens were exposed to professional photographer Joel Sartore last Thursday, April 11, at 7 p.m.

Sartore works for National Geographic magazine; over the years, he's done about fifteen stories for their writers. He currently lives in the Lincoln, Nebr., area.

Some of his stories were as adventurous as any crazy

Texas Brother and Sister Stab, Strangle, Then Bury Younger Brother In Mud

Toni Hoffmeier
Staff Writer

grave, in a wooded area situated behind the Carr home.

Jackson Carr was found in that grave.

A red tent, used by the children as a fort, stood by the loosed earth.

According to Lewisville authorities, the 15-year-old confessed to having stabbed Jackson in the neck during an interview. Meanwhile her 10-year-old brother confessed to holding Jackson down so his sister could stab the child.

According to the Tarrant County Medical Examiner's Office, Jackson died of asphyxiation and perforation of the jugular.

This was not the first time that the 15 and 10-year-old had been in trouble. In November, 1998, they set fire to Shorehaven Elementary School in Garland, Texas. There was only minor damage done to the school and no arson charges were filed. However,

MURDER Cont'd On Page 3

Many people may have thought jokingly that they wanted to kill their younger sibling. But most of them have never, and would never, act on that thought.

Until Monday, April 15, that was essentially true.

Michael and Rita Carr's three children had been known to play outside in the creek bed behind their house in Lewisville, Texas. The afternoon started as a fun and innocent game of hide-and-seek, and turned into a nightmare.

The Carr's 10-year-old son told his parents that his 6-year-old brother, Jackson, was missing, so they called the police at 6:45 p.m. and started a search for the boy. Neighbors and police joined the search later that evening.

Early Tuesday morning, however, the Carr's 15-year-old daughter led police to a 2-foot shallow

CAMPUS BRIEFS

If you're interested in living at Dana this summer, you need to go quickly to the Campus Center and get information from Mike "Chief" Olson.

Housing will be available this summer to Dana students on 4th floor Rasmussen Hall which is air-conditioned. Preference will be given to current Dana students, summer school attendees, and those students working at Dana College for the summer. Working full time for Dana gives you a free double room.

Rates are in advance, \$35 for a double room per week and \$70 for a single. Singles MAY be limited due to the number of students.

It seems very likely that these rooms will fill up, so interested students should pick up an orange application sheet at the front of the cafeteria stairs or in the Residence Life Office soon.

FEATURES

Pat West: If You Eat At Dana, She Knows Your Name

Lynsie Cetto
Staff Writer

"I really do love these kids something fierce,"
- Pat West

On the Dana College campus there is one person special enough to know every single residential student's name.

No, it's not the president, nor any of the professors, even though these people affect our lives. Only one person knows every one of us individually.

Her name is Pat West, and she is our lunch lady.

Every day she sits at her desk and individually greets each one of us, and when she asks how our days are going she really listens.

"I try to talk to each kid as they go through the line, I like to draw out (the personalities of) each of them. It is amazing, all the different personalities here on campus," said Pat.

Pat has worked at Dana for four years; to her the worst part of the year is this time of the year because so many are graduating.

"I really do love these kids something fierce," she said, smiling.

Before coming to Dana, Pat spent most of her working career doing quality control. Thirty-three years

ago she went to computer programming school, which taught her logical thinking, and thus allowed her to find and fix flaws in her field of quality control.

Although she lived in the sunny state of Florida, she felt it was time to return home after her husband passed away. So she moved back to Nebraska.

Pat, however, had the desire to travel.

"I hadn't seen a lot of the United States, so whenever I got the urge I would throw a bag in the car and start driving."

Pat's eyes light up when she tells of her favorite route "straight out to Wyoming, then I cut south to Loveland Colorado, then to Thompson Canyon. Next is Estes Park, but I go early in the morning when the sun is behind me, because the walls have something in them that sparkles like gold... it's just gorgeous. I also love Montana because of the fabulous view and no speed limit."

She usually ends the trips in Seattle, Washington, where she can visit



Pat West, the woman everybody who eats at Dana knows. Photo by Lynsie Cetto.

her brother.

Even though Pat's days are busy here on campus, where she finds the camaraderie with students enjoyable, she still finds time for her favorite hobbies: shooting pool, watching college football, and spending time with her children, grandchildren and great-grandson.

She has always been a busy per-

son. She used to love to dance and roller-skate, as well as play softball and volleyball.

So next time you see Pat, ask her to tell you a travel story.

Remember, she feels it is important to be there to remind you that "what you do right now will affect the rest of your life."

NATIONAL GEO Cont'd From Page 1

nineteen, as of that Thursday morning, were left in the wild. There are a few hundred in captivity. "The main problem is habitat loss," said Sartore. The Attwater's prairie-chicken is basically confined to two small islands of grass, each surrounded by busy metropolis.

He spoke for a few minutes on the problems some species are having. Freshwater mussels are dying out left and right.

That's an especially big problem, because they help us determine the quality of our water, Sartore said: "They're water monitors."

"We should care about endangered species," he added. It doesn't really matter whether they're big or small, he said.

"It's the ultimate in minutiae." There are benefits to even the smaller species, too. "Scientists study snail brains to work on ours," Sartore said.

"Everywhere you go, people give you pie, and I like pie."
-Joel Sartore

He added that one of his main motivations for taking pictures of nature's creatures is to help them survive in a world where humans are usurping animal habitat on a daily basis.

"People will save only what they love," Sartore said.

Sartore's first assignment was traveling up and down the Gulf Coast for nine months, shooting whatever good pictures he could find.

Two of Sartore's favorite assignments were Alaska and Nebraska. "Alaska," he said, "is nice

because we haven't messed it up yet."

His favorite assignment, though, was traveling around Nebraska. Sartore liked it because the people were so friendly.

"Everywhere you go, people give you pie," he said. "And I like pie." As far as danger in the field goes, Sartore is only aware of one National Geographic photographer dying.

The man was flying around Mt. Saint Helens in a helicopter during a bout of cloudy, cold weather, talking to one of the magazine editors on a phone, when ice suddenly formed around the rotor blades and the helicopter plummeted down to the earth.

Sartore's next assignment has already begun. He flew down to a Chilean desert on Monday.

He ended his narrative by giving the audience a tip on flying.

"Always hand-carry your film when you go through security in an airport," he said. "They deep-scan bags now [looking for dangerous material], and the scanning wrecks your film."

Around Campus

Toni Hoffmeier
Staff Writer

Capiz Greene will be a featured speaker on racial tension on Tuesday April 23, at 7:00 p.m. in the Forum. The Communication Capstone class, with the communication department, has invited Greene, who will be speaking about racial tension and other student problems on Dana's campus.

Books Are Fun is planning to be on Dana's campus Monday April 22 from 9:00 a.m. to 3:00 p.m. in the Campus Center. The books are fairly cheap and represent most genres, including children's books.

Sophomore Gloria Otto has been selected to sing the National Anthem at the Championship game of the College World Series on June 22, 2002 at 12:30 p.m.

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.

Durham Western Heritage Museum

Offers

Paid internships in variety of areas. Range of duties, flexible hours, fun perks, good opportunities. Send resume to: Durham Western Heritage Museum, 801 S. 10th Street, Omaha, Ne 68108 or call (402) 444-5071 for more information.

Ideas?

Send us letters to the editor! Our delightful Dana e-mail address is the following: 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

CD Review: Jack Johnson

Jack Johnson
Brushfire Fairytales
Enjoy Records
January 29, 2002

Jack Johnson has followed quite an unusual path to get where he is today. Before he was a singer/songwriter, this Hawaiian native was a champion surfer with a sponsorship from Quiksilver, a leading maker of surfing gear.

He went to college and was a film student at University of California at Santa Barbara. He produced a surf cinema documentary entitled "Thicker Than Water" and a follow-up surf flick "The September Sessions," both winning him awards.

But Johnson steered away from cinema and a blossoming professional sports career in favor of following his musical.

Johnson's lazy blues styling, which also embraces folk and hip-hop for a modern rock twist, is so infectious,

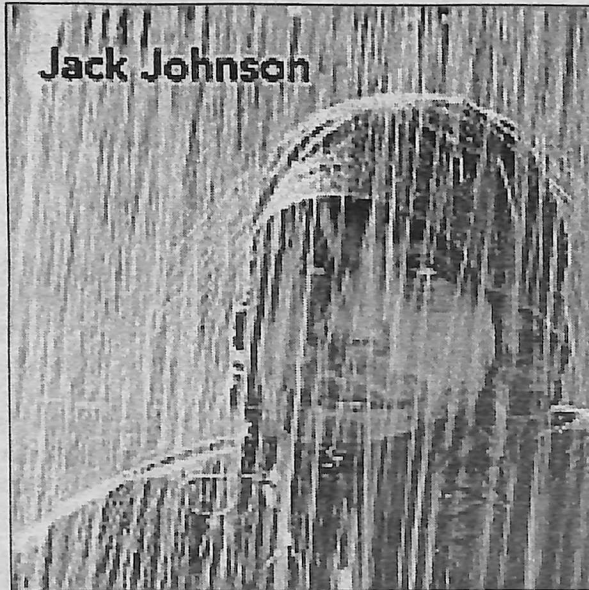
unique and clever, it almost seems unfair to compare his music to other artists'.

However, almost every song on "Brushfire Fairytales" reminds me of other great acts with which Johnson deserves kinship.

There is the funky, poppy "Bubble Toes" that puts me in mind of Barenaked Ladies, and the easy, haunting "Drink the Water" that conjures up thoughts of the Eagles.

There is also the sliding and melodic "F-stop Blues" that sounds like a marriage of Dave Matthews to the sounds of the Red Hot Chili Peppers.

Johnson's music also brings in elements of jazz, funk and Latin, along



Jack Johnson

with many basic elements from rock movements of the last five decades, all of which keep the listener guessing as to what direction Johnson and his guitar will go next. This disc is full of surprises. I don't remember the last time I had this much fun listening to an album.

- Todd Maxwell

The Race Factor: Dana Is No Paradise, No Utopia

"Things are so different now. The minorities in this country have gained respect as citizens of this nation."

This is the overall answer that I've gotten from many of my fellow students here on campus.

A lot of students get irritated with the same old cries of racism from minorities in a certain class on campus.

Another saying that I've been a witness to several times is, "Well, my grandparents still think that segregation is good, but I'm not like that."

Here on the beautiful campus of Dana College, where the atmosphere for learning is set to an excellent standard, racism is definitely present.

Now, as bold as that last statement was, it's true. It's a fact.

Just as it is a well-known fact that racism is present all over country,

and the world for that matter! Racism is not simply the belief that your race or ethnic group is superior to another group.

Racism has evolved, just as our society has evolved in the last forty years. The definition is deeply instilled in the American way of life.

"Racism is embedded in our justice system, our industrial system, and our economic system."

-Garry Clark

During the civil rights movement the main thing that was so-called abolished was the ability to act on your racial beliefs.

But to say racism does not exist is to be ignorant of its inherent qualities.

Racism is embedded in our justice system, our industrial system, and our economic system. Do the research!

Don't get me wrong: there is just as much racism as there is class prejudice alongside the distribution of property and land in our nation.

If you don't believe me, look at your very own city of Omaha. The fact that it's practically divided by race is just one point.

But to get back to our own campus, you don't have to use racial

slurs to be racist. To use racism only takes ignorance. To believe that racism does not exist is ridiculous.

It's also ridiculous to believe that if I have one white or black friend, then I can't be racist.

As a country, we have all been on both sides of the fence at one point or another simply by ignoring it, or (even worse) assuming we know what it's like to be in each other's shoes.

My fellow students, I'm speaking out about racism because it's an institutional problem, not because I want to make trouble.

Not because I'm an African-American.

Ultimately, as a country, we get used to saying the politically correct thing. Why not do the politically correct thing?

It's our fault that we allow ourselves to be set apart by differences. In actuality, it's those same differences that should bring us together as people. Not just one race or group, for that's all been done before.

Let's "Dare to be Different" and come together, sharing those things which make us so unique in essence!

-Garry Clark

MURDER Cont'd From Page 1

psychotherapy sessions were recommended for the 15-year-old girl.

The two children have been sent to the Denton County Detention Center. They attended a detention hearing on Wednesday. Since they are minors, no information is being released. Nor is there any information that the two will be tried as adults for the murder. No motive has been established.

The parents have also been investigated for allegations of child abuse. There have been three allegations investigated since 1998. No charges have been filed against the parents.

Cheerleaders Do Their Best, Too

For some time, the football and basketball bleachers have been devoid of fans and the sound of cheering no longer can be heard from Borup Coliseum.

The courts are empty of players, but practices have resumed.

Now what about the cheerleaders?

How many from the student body have thought about them and what they are planning to do next year or the year

after that?

The cheerleaders have been the icons of school spirit at Dana and they have been laughed at and made fun of by those that should be supporting them.

Even their own "coach" has belittled and teased them when he should have helped them.

So the girls had to teach themselves cheers, perfect their moves for

CHEERLEADERS Cont'd On Page 4

HANGOVER REMEDIES Cont'd From Page 1

According to an online report by the Washington University Medical School-based MadSci Network, brandy causes the most severe hangovers, followed by red wine, rum, whiskey, white wine, gin and vodka.

Student Health officials also listed bourbon and single malt scotches as congener-laden liquors.

In addition, scientific advisers from beakmanwine.com recommend that people avoid carbonated beverages like champagne or soda because bubbles carry alcohol into the bloodstream more rapidly.

And using food-based mixers may actually help slow alcohol absorption, Kulley said.

Before heading to bed, Kuhn advised, people should avoid acetaminophen, found in Tylenol, because it can damage the liver. "Taking medicines such as ibuprofen or aspirin before bed can add to stomach irritation," she added.

Most importantly, students should continue to drink water before sleeping.

Drinking coffee is a long-standing myth that will provide only temporary relief, Kulley said. "Caffeine might help to get you going, but there is a crash afterwards, and it can be an irritant to the stomach, which adds to nausea," he said.

Another myth is that taking multivitamins cures hangovers. Although Kuhn said no studies have shown this to be true, she noted a study indicating some benefit in taking vitamin B6.

There are a slew of morning-after products marketed to relieve hangovers, ranging from all-natural remedies, such as ginger and Wu morning tea, to drugs like Alka-Seltzer and Nurofen. Although several products exist, Kuhn said she was wary of their claims of effectiveness.

"If what they're selling is a natural product, there is no requirement that it be proven safe or proven to work by the Food and Drug Administration. This is why you see so many things on the market," she said.

Kulley attributed the relief of Alka-Seltzer to its large amounts of acetaminophen and caffeine and said such quick remedies distract from the most direct prevention of hangover symptoms.

"Any [remedy] that does not focus on the quantity of alcohol and how fast you drink it is basically a myth because it misleads you from the two most important variables that will affect your health," he said.

Mornings are the best time to take pain relievers like ibuprofen or aspirin, and Student Health officials recommend eating foods that are easy on the stomach, especially carbohydrates, since they replace sugars lost in dehydration.

But what's the absolute cure for a hangover?

"Don't overindulge in the first place," Kuhn said.

SPORTS

Outdoor Track Places Two National Qualifiers At Jim Duncan Invitational

Marshall Marquardt
Staff Writer

The Dana College Track and Field team showed drastic improvement while competing in only their second outdoor meet of the year. The Vikings competed in the Jim Duncan Invitational held at Drake University in Des Moines, IA, on Saturday, April 13.

The Vikings had many scoring performances on the day, including one first, four seconds, a school record and two national qualifying marks.

Freshman Donnell McCant leaped 44' 3/4" to win the triple jump. Sophomore Garry Clark sprinted to a second place finish in the 800 meters, losing by only 0.03. Clark's mark was good enough for a national qualifying mark.

Junior Matt Maltby threw the shot put 50' 7-1/2" to place second and earn himself a berth in the NAIA National Meet in May. The Vikings have qualified seven so far in only two meets.

Sophomore Ian Latella returned to top form in the 3000 meter steeplechase after battling cancer from May through October of last year. Latella placed second with a time of 10:01.46. Latella came within two seconds of his all-time best mark.

The men's 4x100 relay team of sophomore Mitch Deering, and freshmen McCant, Chris Humphries and Willie Shelton earned a second place finish in record time of 43.17 seconds.

Sophomore Tiffany Poole placed second in the shot put with a mark of 40' 2-3/4". Poole also flung the discus 109' 11". Other notable field event performances was Deering's fifth place finish in the long jump, with a jump of 20' 5". Sophomore Marcie Smidt also placed sixth in the high jump, leaping 4' 11-3/4".

Senior John Tripp recorded two personal bests in the 1500 meters and the 5000 meters. Tripp placed fourth in the 5k with a GPAC-leading time of 15:47.07. Earlier in the meet, Tripp ran a 4:04.11, good for sixth in the metric mile.

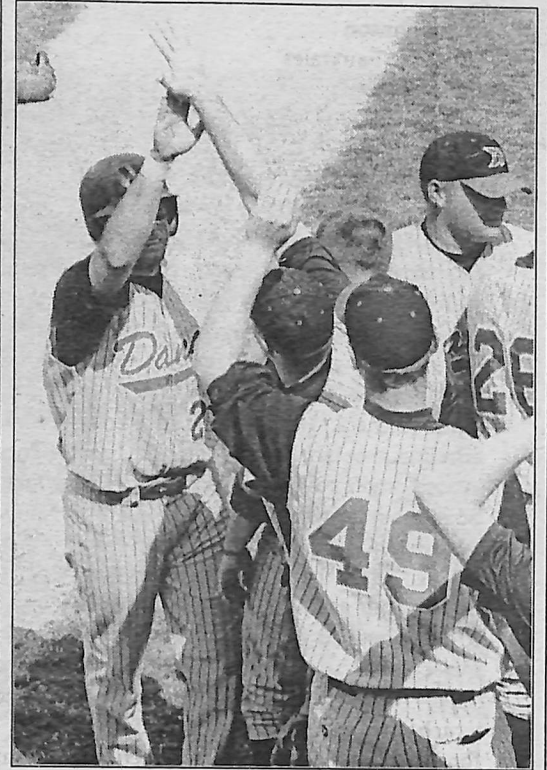
Junior Ryan Milner also ran the 1500/5000 double with good marks of 4:19.36 and 16:28.28.

Sophomore Katie Robinson ran a personal record in the women's 3000 meters, running with a final time of 12:01.33.

Junior Indoor All-American Stephanie Collins knocked four seconds off her time from last week, despite battling a knee ailment. Her time of 2:22.95 was good for second in her heat and sixth overall. Humphries placed fourth in the 200 and fifth in the 100 meter dashes with season best marks of 22.20 and 11.17 seconds, respectively.

The men's 4x400 meter relay team of Deering, Clark, junior Charles Kaup and freshman Matt Hanna ran a time of 3:33.74, which was good for sixth place. Clark's anchor leg was an outstanding 49.4 seconds.

Outdoor Track Place



Freshman Kyle Hatch, center right, and sophomore Paul Langenegger celebrate after their games against Nebraska Wesleyan last Sunday. They split the doubleheader with Wesleyan. Photo by Kjaer Kirkegaard.



Freshman Natalie Bussing dives for home plate. Photo by Kjaer Kirkegaard.

Lady Vikes Lose Two To Hastings

Marshall Marquardt
Staff Writer

The Viking softball team took on Hastings College last Wednesday night in a double header. The Vikings split with Hastings, losing the first game, but winning the second.

The craziest play of the night was when freshman Mackenzie Bliven, playing first base, was knocked out when attempting to get a runner out.

"The only thing I remember was turning around right after the hit," Bliven said. "I don't remember falling down or anything."

In game one versus Hastings, the Vikings slipped and fell 4-2 despite a stellar pitching performance by freshman Cindy Ruch.

In game two, the Vikings were no match for Hastings, who won 3-1. Sophomore Jamie Sanders hit a triple in the second game, and junior Erica Duncan hit a double.

Sophomore Kelly Heller took the win in the second game, allowing only one run.

The girls' game that was scheduled for Tuesday night versus Bellevue College was canceled due to a rugged upcoming schedule with conference foes.

The Vikings play today versus Sioux Falls College of Sioux Falls, South Dakota. The games are scheduled to start at 4:00 pm and 6:00 pm.

Their next home games are Tuesday, April 23, at 5:00 p.m. and 7:00 p.m. versus Doane College.

CHEERLEADERS Cont'd From Page 3

every game and sacrifice study time to go out with their pompons and get laughed at by the student body.

The cheerleaders are doing their best, just like the football team.

However, cheerleaders don't get support from the school like the football team does.

What do the cheerleaders get?

They get nothing but the self-satisfaction of trying to make a difference in the school's morale.

When they go out during every game, they are met with blank looks on the faces of fans. Only the same few are there to support the cheerleaders, because no one else will. They are the ones that yell with the girls or even make

motions, which show that they care about the team they are supporting and the girls that are cheering for them.

"Without them, Dana has little spirit. Without school spirit, why are we here?"

- Tiare Rodrigues

What many of you don't know is that many things were taken from the girls this year.

The school claims that certain cheerleading practices, like tosses and tumbling, were forbidden because of insurance purposes.

This was a major disappointment for the girls.

How do I know all of this?

I was a cheerleader for the past two years, and I am tired of the comments and jeers that I hear from the fans.

I am not perfect and neither are the girls that I have cheered with, but all of them have bigger hearts and greater courage than some others that I know.

They all have made an impact on my life and made it a much

fuller, better one.

Without them, Dana has little spirit. Without school spirit, why are we here?

If it isn't to support each other and help each other, then this world is a lot crueler than I thought.

So the next time you are at one of the football or basketball games, cheer with the cheerleaders.

Show them that they are appreciated and you will see a much better squad. After all, they are here for you.

- Tiare Rodrigues

Sports

Dana's Upcoming Battles

Baseball: 4/20 Briar Cliff College at 1:30 p.m. in S. City, IA. Later 4/21 Doane College at 1:00 p.m. in Crete, NE, and 4/25 Hastings at 5:00 p.m. in Hastings, NE.

Softball: 4/20 Dakota Wesleyan at 4:00 p.m. in Mitchell, SD. Later 4/23 Doane College at 5:00 p.m. here in Blair, and 4/24 Nebraska Wesleyan at 5:00 p.m. here in Blair. 4/26 Briar Cliff College at 5:00 p.m. here in Blair.

Outdoor Track and Field: 4/20 Doane Relays. 4/25 Drake Relays, 4/26 Simpson. All away.