

Procrastination: destroyer of sleep and good diets

By Elizabeth Shumaker
The Parthenon (Marshall U.)

U-WIRE - Pressure. Time is running out.

You wonder how you got into this mess of putting off writing a 10-page paper until the night before it is due. There is no way you're going to finish and even if you do, what kind of grade do you expect from the slop you throw together?

Students who put off doing their school assignments are also likely to have other unhealthy behaviors.

According to the American Psychological Association, college students who procrastinate are likely to have trouble sleeping and have poor diet and exercise patterns.

The results from a study conducted by Fuschia M. Sirois, a doctoral candidate in psychology at Carleton University, and Timothy A. Pynchyl, an associate professor in psychology, show that procrastination is linked to "avoidant coping styles."

Avoidant coping styles are the tendency to neglect situations that cause anxiety rather than confront them.

These styles not only bring havoc into the students' academic work, but into their lifestyles as well.

Higher rates of drinking, smoking, and a tendency to postpone seeing a doctor for ailments have been linked to students who procrastinate.

Sirois and Pynchyl also found that procrastinators have more insomnia, digestive problems and cold and flu symptoms than the student population as a whole.

"I have good intentions when it comes to studying and I try to do it early, but most times I have other things that need to be done first. I end up studying or writing papers the night before they are due," Gill said.

Poor eating habits also plague students who procrastinate.

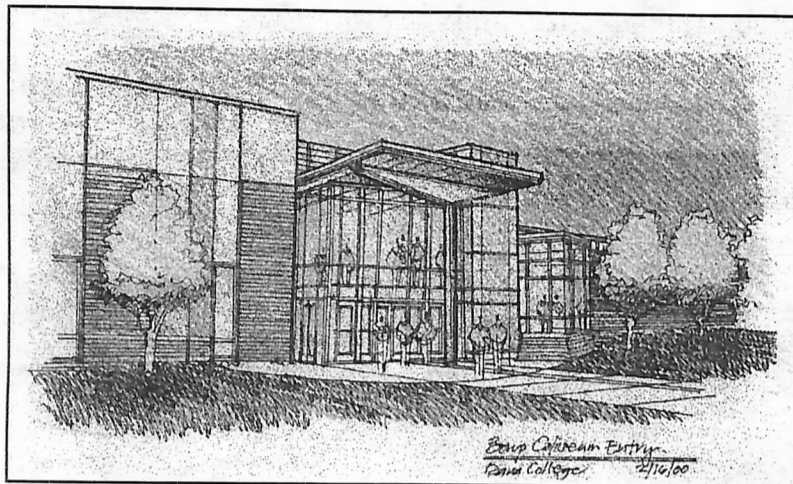
Emily Wilkins, a 22-year-old music education senior from Philippi, said, "I eat out a lot. Stress and my schedule play into that. I don't skip classes so I don't have to prepare as much when it comes to tests. That is one good thing about being focused and busy when it comes to school."

Wilkins finds that making a list of the things she needs to do helps her stay on task. "I try to prioritize what is most important to me and I get that done first. My music classes come first for me. I procrastinate sometimes. It just depends on my schedule. If I procrastinate, it's because I am so tired. I am very busy," she said.

Anxiety is also associated with students procrastinating about assignments. Students rationalize their actions, saying, "I know I can pull it out at the last minute" or "I'm just waiting for the best time to do it."

Coliseum: Borup is on time

The five-million-dollar addition to Borup Coliseum is on schedule for completion in 2003, and people are excited



Jeff Mangus
Assistant Editor

The walls are up, and the construction is on schedule.

Borup Coliseum, Dana College's large five-million-dollar athletic building project, will contain new facilities aimed at better serving athletic teams.

President Myrvin Christopherson said in August that the expansion is vital to the continued health of Dana teams.

"This expansion is sorely needed to serve the multiple number of athletic teams we have. We hope...our scholar athletes will have use of the facility in 2003," Christopherson said.

Construction is proceeding as planned, and many staff members are excited about the building.

Director of College Relations and Marketing Carrie Reed said she sees mass appeal in the Coliseum. "I think construction of campus is exciting for current students as well as visiting students. It's an opportunity for the athletic department to grow." She added that she feels the entire student body will benefit from the building.

Dana's thirteen athletic teams will use the old and new sections of Borup, which will decrease crowding in the athletic departments. More than 65 percent of Dana's 560-odd students are involved in athletics, which makes for a tight squeeze in the old Borup building, which was built in the 1960s.

The addition will include more classrooms, athletic offices, two practice courts, a competition court and a walking track.

The old section of Borup already contains one competition court, an indoor swimming pool, a remodeled weight room, classrooms and various offices.

President Christopherson has built a legacy of his dedication to the Borup complex. In the 1960s, when the Coliseum was just being planned for the very first time,

Inside

2 Dana Cafeteria Services

G.M. Jim Falk talks about his career in Dana food service and improving service.

3 U.N. Dominated by U.S.

Editorial: the U.S. should not be the only member of the U.N. with any real power.

4 Men Race to Third Place

Cross country team finishes third at regionals, and will advance to nationals.

Left: this sketch of the new Borup Coliseum addition was created by artists in February 2000. The actual design is by RDG Schutte Wilscam Birge of Omaha, and the construction is contracted to Weitz Co. from Omaha. Sketch courtesy of Dana College.

Christopherson led fundraising efforts to build the indoor pool. Now, some forty years later, he has spearheaded the largest athletic addition Dana has ever seen, hoping to bolster stumbling athletic programs and drive to excellence teams which are nationally recognized.

The coliseum should be ready for use by the summer of 2003.



Construction on the Borup Coliseum addition will conclude in the summer of 2003. Photo by Lysnie Cetto.

Engineers damage robot arm on space shuttle Endeavour

While repairing an oxygen leak, workers scraped, tore thermal insulation on the 50-foot arm

Matt Bloomingdale
Editor-in-Chief

"I'd like to welcome you aboard, but tonight's not our night," NASA's test director Steve Altemus informed Capt. James D. Wetherbee, commander of the space shuttle Endeavour.

NASA delayed the launch of the shuttle Endeavour last Monday, when shuttle technicians discovered an oxygen leak two hours before its scheduled launch. The shuttle's destination was the international space station, where it was planning to deliver a 14-ton module and a fresh crew, replacing the five-month-old crew currently manning the station.

However, while fixing a malfunctioning flex hose in the main bay causing the oxygen leak, engineers bumped a platform into the shuttle's 50-foot robot arm, damaging it.

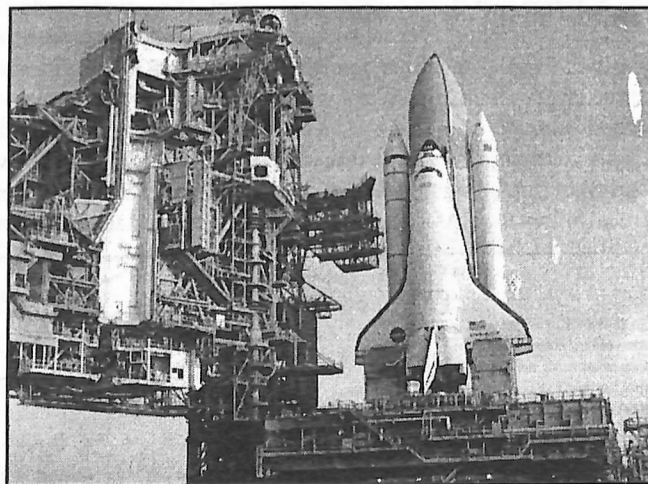
The arm was severely scraped and

its thermal insulation was torn, reported NASA spokesman Bruce Buckingham at a press conference Wednesday.

The shuttle's arm was to aid astronauts in installing a \$390 million girder to the orbiting complex.

NASA specialists began conducting X-ray and ultrasonic test to determine if the arm will need to be replaced.

The current space station crew was



The space shuttle Endeavour must stay grounded for at least another week due to major setbacks. Photo courtesy of NASA.

due to return to Earth in October. A summer-long grounding of the shuttle fleet, however, caused several setbacks and delays, to which are added this.

Falk addresses allegations against cafeteria food

Dana cafeteria manager defends production practices and food quality accusations by students, and explains that many people tend to have a mental bias toward 'cafeteria food'

Rene Nicolay
Assistant Editor

Jim Falk is the General Manager hired by the company Sodexo to organize and head Dana College's cafeteria. He first came to work three years ago, and since then has dutifully served students. Since his arrival and the arrival of others, the cafeteria has seen some changes; it has been remodeled with an elevator, there are new serving stations, and the menu has expanded – now, there are roughly seven items to choose from each meal with the waffle bar, pasta bar, and others.

However, there are some who are discontented with the services and the quality and quantity on the weekends.

"The quantity isn't as low as some think," said Falk. "During the weekend, we only have one serving line for two reasons: less manpower and fewer students come to eat." Roughly 280 people eat during the week, while only 140 come during the weekend.

Because money only reaches so far, the cafeteria must make up for those losses by cutting back on labor. During the week, four different people work on the menu, but during the weekend, only one will work on it.

"Derek [main chef] and I could be here seven days a week," Falk explained, regarding the lack of manpower, "but we'd get burned out pretty quick."

After football, a couple more employees will work, thus opening two lines during the weekend.

"No matter if it's the best chef cooking the best meals, students will still complain to a degree that isn't good, because it's cafeteria food," Falk said about the quality. "People have this conception embedded in their minds that cafeteria food is bad."

As a company from Sodexo, all the employees (including the work study ones) must follow the HACCP – the Haz-

ardous Analysis Critical Control Point. Anything of a possible hazardous nature or outcome is prevented and checked. "For example," explained Falk,



Dana's main chef, Derek, creates one of his famous on-the-spot specialties for a student. The cafeteria serves about 280 students. Photo by Lynsie Cetto.

"we make sure the chicken is cold enough in storage, we don't let it sit out during prep, and even during cooking, we make sure it has a proper internal temperature."

The cafeteria workers all follow the regular safety regulations, including wearing gloves, aprons, washing their hands, etc.

Dana students have created some reform ideas.

"We could do that," said Falk. "Students could have so many meals a week, but in order to do that, we wouldn't be here all the time. Now, Gold Plan students can come up here and eat anytime they want. If we were to do that alternative plan, we'd be closed from 9 to 11 and from 1 to 5 in the afternoon. If a student wanted to grab an ice cream cone, or a bowl of cereal, they couldn't."

If students really want a change, they would have to carefully consider the plan, and take up a petition.

Battery bra increases size

By Rebecca Litchfield
The Post (Ohio U.)

U-WIRE - It's the bra that keeps going, and going, and going.

The U.S. Food and Drug Administration has approved a new bra that gives women another option in breast augmentation and a new meaning to the battery size AA.

The Brava Breast Enhancement and Shaping System, developed by reconstructive surgeon Dr. Roger Khouri, is the first non-surgical technique for increasing the bust size.

It is the only scientifically proven method besides surgery that increases breast size, Khouri said.

The system resembles a high-tech sports bra and weighs 1 to 2 pounds, said Brava specialist Vivian Ruben. The battery-powered bra consists of two domes, a small computer, which regulates and records wear pattern, and a sports bra.

Two clear plastic domes linked to a rechargeable suction device are placed over the breasts, causing a tight seal, she said. This creates a vacuum, which stretches the breast and causes the cells to respond by stretching and growing, slowly increasing in size.

The bra, if worn for 10 hours a day for 10 weeks, can grow enough extra breast tissue to increase one cup size on average, Ruben said. Missing days can cause setbacks in growth and is not recommended.

If, at any point, a desired change has been made and the user wishes to stop the treatment before the 10-week period is up, the breasts will return to a size slightly above the original, but the enhancement will be minimal. The system must be worn for a minimum ten weeks to achieve a change, Ruben said.

The bra was developed by Delaware Company Brava LLC, which has a staff of business and medical professionals including plastic and recon-

structive surgeons and a medical scientific advisory board of internationally acclaimed physicians and surgeons, said Brava Specialist Anna Marie Teredor.

A board of leading plastic surgeons and tissue engineers are skeptical of the effectiveness of this new product, Teredor said. The board members, who have worked to develop this so-called "suction bra" for more than a decade, are conducting clinical trials to demonstrate its legitimacy. Some 200 women have tried the bra in Miami, San Francisco, and Washington, D.C.

College-educated women account for 70 percent of the bra's users. They are more inclined to choose the natural way to increase breast size, Khouri said. They see that there are no problems with the system, unlike surgery, and realize that they must put forth the commitment to get what they want.

The only side effect detected is dermatitis, an itchy skin condition that results from contact with a product that may irritate some people's skin, Teredor said. The bra has been tested and is not known to cause breast cancer or stretch marks, but it's not recommended for women who are pregnant or lactating, who have a history of breast cancer, or are under 18.

But a woman's self-esteem could be at risk as well.

The invention is really just another attempt to point out women's shortcomings or problem areas, said Madeline Boscoe, an executive director of the Canadian Women's Health Network. Women should not feel compelled to use the suction device in order to feel good about their bodies.

The U.S. Food and Drug Administration has reviewed the bra and has given approval of its sale, Teredor said. The bra has been featured in Elle and TIME magazines and is now available to purchase for \$995.

Blair Open Studios

Visit art up close. 20 artists in 2 art studios.

1440 State and 1117 Lincoln
Saturday, November 23, 2002
10:00 a.m. to 6:00 p.m.

Come support your fellow Dana students!

Coming up next Saturday, several Dana students will be participating in an art exhibit, here in Blair, at a local art studio. Several students, including Jessica Bolte, Crystal Cordes, Nate Guttridge, Natalie Hornig, Chris Johnson, Kristin Leitow, Vanessa Piper, Mary Rist, and George Willing will be joining other local artists in this event.

There will be beautiful pieces including ceramics, paintings, quilts, jewelry, glass, home furnishings, and faux finishing. Stop in, eat some goodies, and check out this great exhibit!

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.

U.S. 'hegemony' over U.N. is crippling

Staff Editorial
Daily Bruin
(U. California-Los Angeles)

U-WIRE - The Charter of the United Nations states it will "ensure, by the acceptance of principles and the institution of methods, that armed force shall not be used, save in the common interest."

But as it stands now, armed force is not used save in U.S. interests.

Because it does not have a standing military of its own, the United Nations is largely powerless. It can issue resolutions, but when it comes time to enforce them, it relies on member states to voluntarily provide the manpower needed to enforce its decisions.

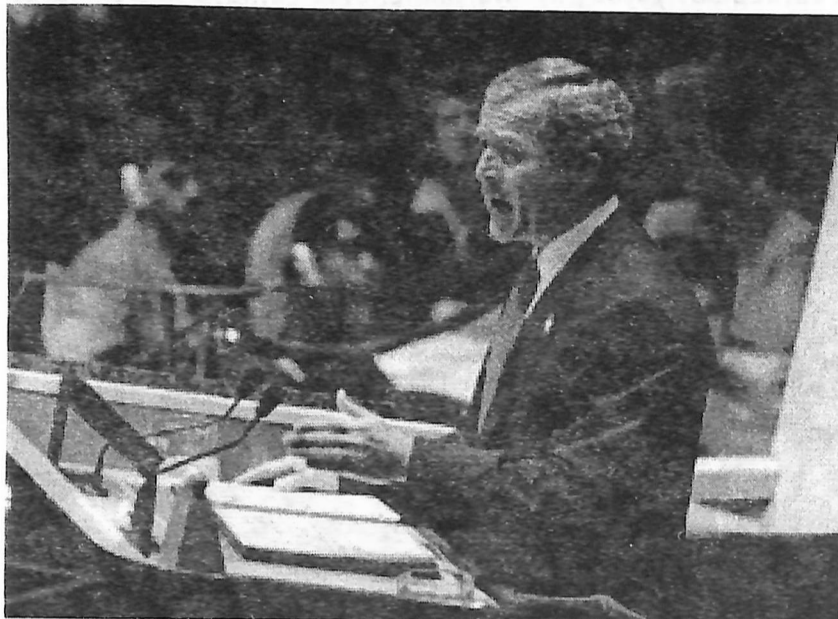
In many cases, this means it turns to the United States to provide the bulk of its firepower and relies on other nations to fill in any gaps.

If the United Nations plans to impose the promised "serious consequences" on Iraq for continuing to refuse weapons inspectors through Friday, for example, it will be reliant on U.S. forces to provide any militaristic component of these consequences.

A few other countries would likely provide some assistance, but because the United States holds a disproportionately large share of the world's military power, it will always have to be the primary contributor to major U.N. missions.

This dependence on the United States is detrimental to the United Nations. It results in a U.S. hegemony over what should be a democratic, independent entity. Indeed, the only reason the recent Iraqi weapons inspection resolution was passed was because of the United States' wishes.

France, Russia, and China — permanent U.N. Security Council members with veto powers — had originally opposed an attack on Iraq, but they gave President Bush the justification he needs for doing just that by passing this resolution.



President George W. Bush addresses the United Nations General Assembly in New York City. He spoke principally on the issues concerning Iraq and Hussein during his speech on Thursday, September 12. Photo courtesy of the White House.

The only reasonable explanation for this is that the United States made it apparent they would attack with or without the support of the United Nations. And when the United States says it will attack regardless, Security Council members only stand to gain damaged diplomatic relations by opposing it.

"...when the United States says it will attack regardless, Security Council members only stand to gain damaged diplomatic relations by opposing it."

Implementing a standing army for the United Nations would

free it from many of these binds to the United States. First of all, it could pursue peacekeeping missions and intervene in international conflicts in which the United States does not hold any particular interest.

All nations would be able to vote for or against the deployment of troops based on the moral integrity of the individual issue, instead of also considering how many men they will have to commit to the project.

Secondly, a U.N. standing army would lift at least part of the responsibility of "policing the world" off of the

United States and place it where it belongs — in an objective international entity.

The United States usually pursues humanitarian causes where there is also economic or political gain to be had.

The United Nations would not be directly subject to these ulterior motives, though, because it does not stand to make any personal gain.

In the United States, Supreme Court justices are elected for life so they can vote independently of pressures from U.S. citizens or government.

Politicians may try to dictate the decisions the court makes by appointing members of their own political party to the court, but they cannot fire the justices if they do not vote the way they wish.

By the same logic, the United Nations should be given its own army so it can pick its fights based on the common good.

While the United States may still try to control the actions undertaken by a U.N. army, its ability to do so would be easily balanced by the votes of the other permanent members of the Security Council.

Until the United Nations has an army of its own, it will be forever subjected to the United States' militaristic wishes and fiscal interests.

Keeping it real

Allow me to "reel" you in, so we can eliminate the assumptions. I'm only here to keep it "reel" — I won't hold back anything.

Small fish: Music being played when the cheerleaders should be cheering.

Bait: Miscommunication.

Reel it in: Let's acknowledge the fact that the cheerleaders are not quite at the varsity level that they would like to be, but they are there to cheer on the team. Let's give them the respect that they have been working so hard to get; they've earned their roles — so let's allow them to perform those roles (not only for football) to the best of their ability, and even during basketball games (without playing the same old tired recycled reused music). Thanks!

Medium Fish: Some people on campus like to live two lives. "Praise God on Sunday" and "Raise Hell on Monday!" If that's too abstract for you, maybe I can break it down to my understanding: there are those who claim to be "religious" yet turn around and (allow me to be innocent) do the "Grown-Up" with what they call "Just a Friend" or someone they just met.

Bait: Hypocrisy.

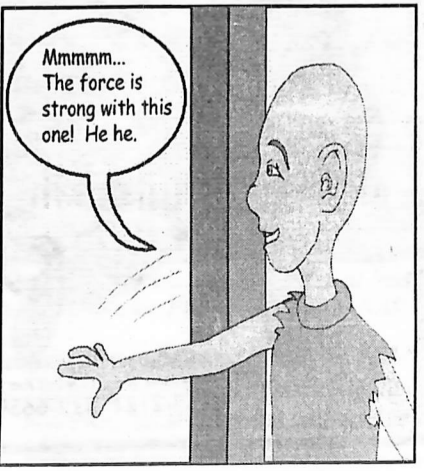
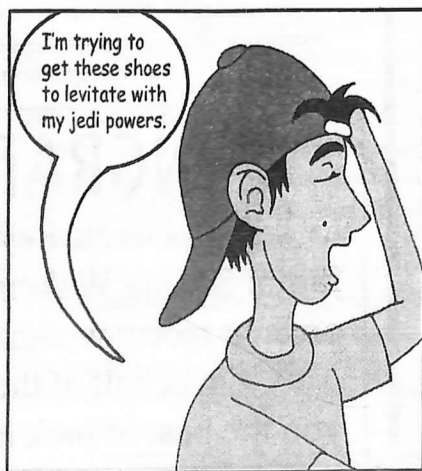
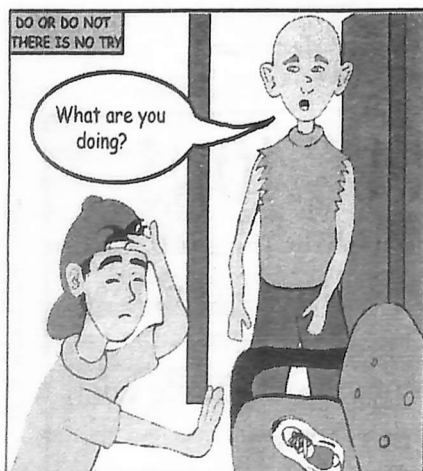
Reel it in: We should be about what we claim to be about. For example, if you are going to walk the straight and narrow with the Lord, others should know that, not only through your talk but also your walk. Tagging and bragging is not cool, this is college — not 24th Street. If you know of someone who is getting down or around, don't talk about them, talk with them; let them know that life is better than all that and you will be there to help them.

Thought for the day: Humbly apologize when you have wronged someone, be it miscommunication, misunderstanding, etc. You'll feel better in the end.

I hope all goes well with everyone this weekend. Any issues you may have — just keep it "reel" and I'll do my best to make them known.

—Shannon Ford-Jefferson

J&L's Dorm Life



By: Chris A. Johnson

'Red Raiders' burn Vikings, 48-25

Dana quarterback Chuck Wright earned 389 yards passing, and Chevas Lamoya had 51 yards rushing, but the Dana football team couldn't stop a furious, mobile Northwestern offense

Marshall Marquardt
Sports Editor

Although the Vikings scored first in their last game of the season, they couldn't stay on top. The Northwestern Red Raiders scored three touchdowns to the Vikings' one in the fourth quarter to put the game out of reach, 48-25.

Chevas Lamoya was the first one to score, pushing the ball over the goal line from one yard out. Lamoya had 12 touches on the day, with a long of 21 yards. He piled up 51 yards on the day rushing and 26 yards receiving.

Cory Ray was next to score for the Vikings, nailing a 20-yard field goal with three minutes left in the first quarter to put the Vikings up 10-7.

That score wouldn't stand for long, however, as the Red Raiders scored a touchdown on a six-yard pass with one minute left in the quarter.

In the second quarter, Northwestern took a 21-10 lead after a one-yard touchdown run, but the Vikings struck back when receiver Dave Abbott hauled in a 44 yard touchdown pass from quarterback Chuck Wright with two minutes left in the half. The Vikings' defense held strong at the end of the half and the team went into the locker room down only four points.

After the third quarter of play, the Vikings saw themselves down by 11 points, as the Red Raiders had scored on a two-yard touchdown run.



Senior defensive back Mitchell Deering, 2, snatched the ball out of the air against Northwestern, but the Vikings came up short in the end. Photo by Lynsie Cetto.

The Vikings were down by 18 in the fourth quarter when Wright launched a 23 yard pass into the waiting hands of receiver Donnell McCant. Wright connected with receiver Bret Scholting, scoring on the two point conversion to put the Vikings within 10 points.

However, the Red Raiders were just too much for the Vikings, scoring

two more times at the nine minute mark and the five minute mark in the quarter to put the game out of reach.

Wright threw a total of 49 passes, completing 26 of them for 389 yards. Wright's leading receiver for the game was Alex Ash, who caught an amazing 11 passes for 137 yards. Abbott was close behind in yardage, hauling in 5 passes for 99 yards.

Linebacker Luke Smith once again led the game in tackling on both sides of the ball, netting seven solo tackles and 12 assisted tackles, as well as a fumble recovery. Alex Gum was close to him, racking up 10 solo tackles and 2 assisted tackles as well as an interception. Mitch Deering also had an interception for the Vikings. Cliff Ellis had the only sack of the game, but Jerrod Phillip and Matt Maltby also had tackles for loss.

The Vikings ended their season 2-8 overall, 1-8 in the GPAC.

Fey leads men to third place regional finish as cross country team will make seventh trip to nationals in eight years

Marshall Marquardt
Sports Editor

Senior Derek Fey led the Vikings to another great finish last Saturday, finishing third overall in the 170-man field at the NAIA Region IV Championships held in Lincoln.

With their third place finish and their overall national ranking of 23 out of the 197 teams, the Vikings received an at-large bid to compete at the NAIA National Championships next Saturday in Kenosha, Wisconsin.

Junior Gary Clark and senior Allen Wagner finished 10 and 14, respectively, to help the Vikings finish 17 points ahead of Doane College, who finished fourth.

Concordia, ranked 13, edged Southwestern (KS), ranked 8, to win the meet with 53 points to Southwestern's 65.

The women's team, usually led by senior Stephanie Collins, placed 11 in the meet. Collins, who was running strong in eighth place, collapsed 600 meters from the finish line due to asthma.

Alicia Widtfeldt led the Vikings with a 37-place finish in the 120 woman field. Junior Katie Robinson and senior Valerie Sparacino finished 48 and 75, respectively, for the Vikings.

The men's team will make the journey to the National Championships for the seventh time in the last eight years. They will look to add to their growing list of four "top seven finishes" as a team.

Four members of the team will be honored at nationals for their achievement in the classroom as well, earning the sport's highest academic award, All-America Scholar Athlete. Alicia Widtfeldt, Ian Latella, Stephanie Collins and Derek Fey are those to be honored. The men's team also qualified as an NAIA Scholar Team.

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about me



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2nd Floor Argo BAHM! Night Swing and Latin Dance

November 22. Sign-ups are from 7 to 7:15. There will be dance instruction offered from professional from Omaha from 7:15 to 8:15. At 8:15 the dance contest begins. Awards and Prizes!

CONGRATULATIONS

to senior Derek Fey of Omaha, Neb. and junior Sandra Wakeman of Hawarden, Iowa on their recent wedding engagement.

On behalf of the *Hermes* staff, we wish you the best of luck in the future.