

Play hard, cheer hard, die hard

Matt Bloomingdale
Editor-in-Chief

The latest coffins give new meaning to the idea of the "diehard" sports fan.

That is, if you're not claustrophobic.

College Memorials, a company based in Georgia, is offering a new, stylish way to spend your afterlife. The company offers officially licensed college and university memorial accessories, including coffins and urns.

The president of College Memorials, Scott Walston, markets these effluvia to more than 50 colleges and universities nationwide.

"Our concept is really about alumni who can recognize the contribution that their college education has made in their life," said Walston. "We are trying our best to do a very tasteful product."

Formed in 2000, the family-owned company was looking for a creative and innovative twist on the standard funeral.

"We were in the funeral business, looking for something unique and innovative. We understand the collegiate loyalty here in the South, so we approached a few universities to [see] if they were interested, and they were," said Walston.

Walston stated that their most popular casket market is Nebraska. Of the 250 coffins sold thus far, 60 of them have been fashioned for Cornhusker fans.

"They're just extremely loyal alumni and very proud of their heritage," said Walston.

Coffins are available in three different types of wood and metal. These coffins, complete with the university's insignia cost an average of roughly \$350 more than a standard coffin. A 7.5 percent royalty is paid back to the university from the total cost.

Walston expressed interest in marketing in the state of Texas, with colleges and universities such as, Baylor, TCU, Texas A&M, Texas Tech, and University of Texas. Though such a market would reach out to many different alumni and fans, the University of Texas is debating on to whether or not to give Walston permission to market the Longhorn symbol.

Craig Westemeir, director of UT trademark licensing, said that they had been approached by a company with a similar proposal but had decided against it.

"We just don't think it's something we want marketed," said Westemeir. "I don't think it's an appropriate message...and it just doesn't fit with what we want to do with our program."

Sights and Sounds begins

Dana's annual event will include a smorgasbord, play, Julestuen, storytelling, and a concert, among other delights

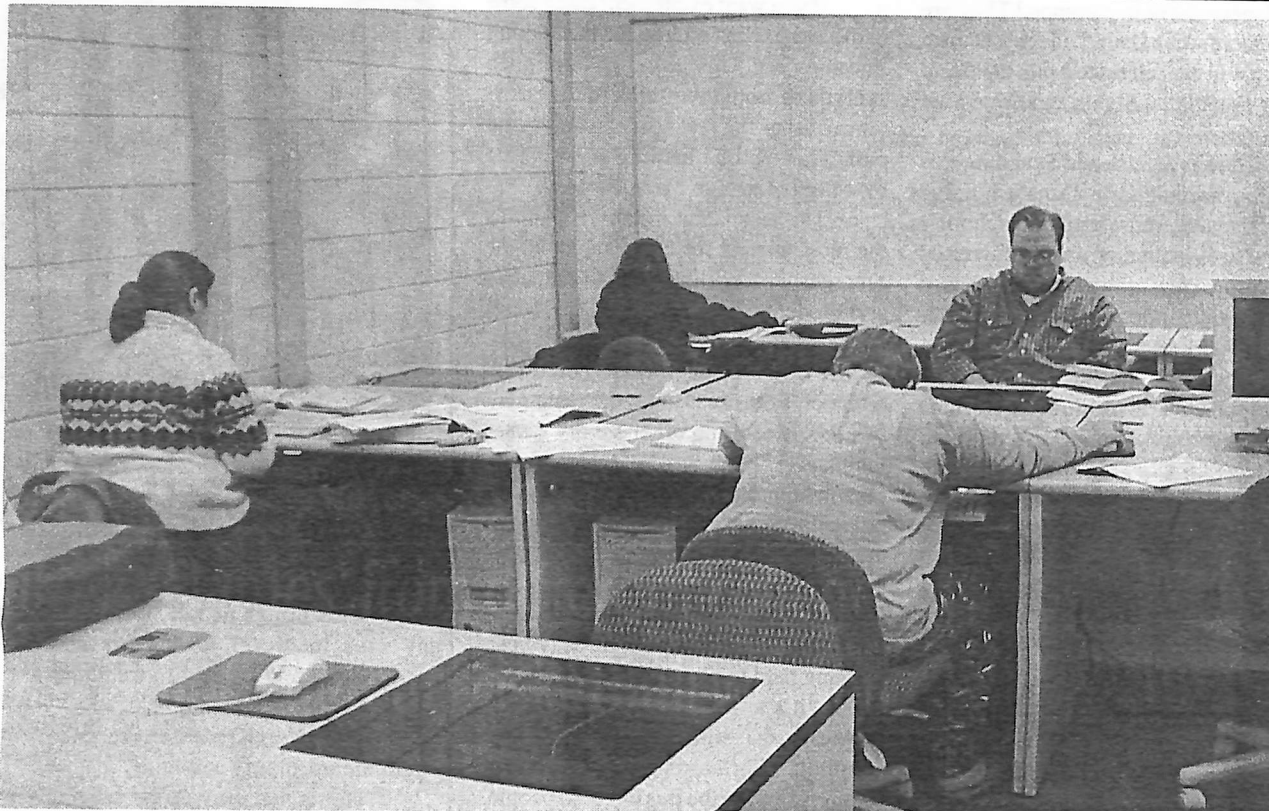
Derek Fey
Staff Writer

The beginning of December can mean only one thing at Dana: the Sights and Sounds of Christmas. The two-day affair, beginning tomorrow, is filled with events ranging from a smorgasbord to a Christmas play.

There are over 20 events during the weekend and with the purchase of a \$5 button, families and friends can attend all the events they wish, with the exception of the smorgasbord.

The buttons can be purchased at the door to every event.

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Dana students in the DCC Computer Lab are terrified of their finals. Stress makes them twitch. Photo by Lynsie Cetto.

Anxiety, stress, fear spread like a new black death

By Ryan P. Fuller
The California Aggie
(U. California-Davis)

(U-WIRE) DAVIS, Calif. - Finals week will begin in a matter of days and University of California-Davis students, ready or not, will have to face the natural obstacle of stress induced by exams.

"Stress is a motivator that is what gets us to crack the books in the first place," said Sandra Zeh, a counselor at the UCD Counseling Center. "But beyond a certain point, it can be counter-productive."

Stress can cause students to become withdrawn from their social outlets or paralyze their ability to absorb information. When students seek counseling for coping with the stress of finals, counselors determine whether their stress is a common occurrence during finals and midterms. With that information, Zeh said, they can advise students on how to best combat their stress.

She said that students should map out their study time.

"There are different strategies for tackling each given task," Zeh said. "Students should try to tailor whatever studying they need to do for that class."

She also cautioned against burning the midnight oil.

"There is a point of diminishing

returns," Zeh said. "Students need to realize that studying no longer becomes effective when they are overly tired. Research shows that our brain is optimally functional for 90 minutes."

Anxiety about exams includes both physical and cognitive consequences, according to Emil Rodolfa, director of the Counseling Center.

Rodolfa said that one of the signs of cognitive problems is "catastrophizing," which is where the individual imagines the worst-case scenario.

For example, students rationalize that if they do not pass an exam, they will fail out of school, which they believe will damage relationships with those close to them and result in them ending up on the street.

"Having realistic expectations is important," Rodolfa said. "Students can cope by managing their time and building in activities not involved with studying. It is unhealthy for students to withdraw from their friends because it is important to maintain relationships during stressful times."

UCD first-year student Alisa Wait said that she plans to cope with finals by managing her study time.

"I've tried to stay organized throughout the quarter," she said.

UCD junior Philip Kivett said that

he tries not to stress too much about his finals. However, he said that his nervousness manifests itself through nicotine, sugar and caffeine consumption.

"I end up smoking more and eating more candy bars," he said. "It helps me to concentrate better. I also find myself drinking more caffeine."

Scott Miltenberger, a UCD graduate student in the history department, said the students who experience the most test anxiety are those who are doing well or poorly in their classes.

Many times, anxiety arises because students do not know what their professors or teaching assistants expect from them.

"In order for students to do well, and to put the amount of work into perspective, they must know what is expected from them," he said.

Miltenberger also recommended that students should not alter their schedules drastically.

In addition to advocating time management, he said that students should seek help from each other and form study groups.

"It's helpful for students to study in groups, because it allows them to parcel out the work," Miltenberger said. "And, it reinforces their knowledge of the information because they teach each other."

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Start getting excited for the biggest event of the Dana year. Check out the schedule.

3 Gift-Giving Ideas

Editorial: forget decent articles. Jeremy Stoll gives you some alternate options.

4 Cross Country Takes 22

Dana's men raced to an impressive 22 place at their national meet before break.

Sights and Sounds

Dana faculty, staff, and students prepare for the most extravagant and exciting event of the year. Anne Christopherson is the events coordinator for this weekend, and she promises that the Danish and Scandinavian events will be awesome

Lynsie Cetto
Staff Writer

What do frikadellers, Vikings, and folk dancers have in common? They are all different ways Dana College's Danish history will be celebrated this weekend during the annual Sights and Sounds of Christmas event.

Various Danish and Scandinavian elements are added to Dana's holiday celebration to represent our school's cultural background. If you are interested in catching a few of these cultural-based events, attend Julestuen, the Scandinavian Folk Dancers show, or peek in on the Viking Encampment. Julestuen is a chance for the Danish students to share what Christmas is all about in Denmark.

The Omaha Scandinavian folk dancers will dazzle their audiences with



Junior Mackenzie Krause gets into the holiday mood at the craft fair. Photo by Sharae Bishop.

fun family traditional dancing. Catch their show this Sunday from 12 to 1 p.m. in Borup.

If you want excitement catch some battle enactment's done in the Viking Encampment. This group has designed everything from their tents to their costumes just as the real Vikings had in the past. They will be battling it out in the oval from 11 a.m. to 2 p.m. Sunday.

The event that historically holds the most interest for Dana students, the Smorgasbord, will be held all weekend and students may attend at the times they signed up. As always, Dana's food service staff has been working hard with direction from the Danish Inn restaurant of Elkhorn to bring other savory dishes to the table. There will be a stuffed pork roast with prunes in it. Apparently, the prune flavor is not detectable but it keeps the meat tender and juicy.

Events Coordinator Anne Christopherson, the maintenance crew and many volunteers have already been working hard to plan this event.

"It's a wonderful opportunity to showcase our students and their performing," Christopherson remarked. "You try to describe this event to people, but you have to come see it before you really know what it is all about."

Sights and Sounds of Christmas is a wonderful way to kick off the holiday season.

As Christopherson said, "It just seems natural to invite people." Here's to hoping that all Dana students get the opportunity to experience a bit of Dana's Danish heritage over the weekend.



Senior Jillian Scheerhoorn prepares to blow the audience's ears to pieces with her clarinet during a Concert Band practice. Photo by Lynsie Cetto.

Christen Neben
Staff Writer

The annual tradition of Sights and Sounds brings people, from literally across the world, to the Dana campus to partake in its Danish traditions and festivities.

Senior Kari Kristensen is excited about the upcoming activities.

"I think that the weather is going to be good and that we have a lot new actives to go along with the traditional ones", said Kari Kristensen.

Many people come and participate in the various events that the festival has to offer.

"I am looking forward to seeing all the people gather on Dana College campus to celebrate this special time of year and the birth of our Christ," said

Theresa Garrison.

In addition to the festivities, the college will also entertain performances from both the concert band and the Chorale.

Sophomore Sara Buck, a member of the band, is looking forward to the upcoming concert.

"I think that the band will play as we normally do, really well. I really enjoy playing the Courtly Airs (one of the pieces being performed) because of the narration in between, but also because each instrument has different parts that can be heard. I always enjoy playing holiday music, it puts me in a holiday mood," said Buck.

Both the concert band and the Chorale will be performing on Saturday and Sunday at 4 pm

Sights and Sounds Cont'd from Page 1

Sights and Sounds kicks off on Saturday with a pre-concert reception at Borup Coliseum at 3 p.m. Following the reception at 4 p.m. is the Sounds of Christmas concert performed by the Dana College Chorale and Concert Band. Another performance takes place on Sunday at 4 p.m.

The Scandinavian smorgasbord, a menu including more than 24 authentic dishes, runs periodically throughout the weekend, starting at 5:30 p.m. on Satur-

day. Cost of the meal is \$15.50 for adults and \$9.50 for children under 12. The smorgasbord will be served in eight settings and reservations are encouraged.

The bookstore will be selling Scandinavian gifts from 5:30 to 8 p.m. Saturday night. The following morning at 10 a.m. is the festival worship service in Borup Coliseum.

"I'm excited, and that's why I've started my sermon ahead of time," Pastor Andrea Ng'weshemi said. "It should be a nice service and I invite all to come."

The bulk of Sights and Sounds ac-

tivities take place Sunday. The Viking encampment and demonstrations take place at 11 a.m. in the black box in Madsen Fine Arts Center. The event is a recreation of the life and culture of the Viking Age and takes place every hour until 2 p.m.

The play "A Long Way From Home," written and directed by Dana professor Paul Schneider, takes place at 11 a.m. in the Lauritzen Theatre at MFAC. The play features junior Mara Bartlett as an elderly woman coping with Alzheimer's Disease.

Julestuen, a Danish Christmas presentation put on by Dana College students and Danish professor, Trine Feuerborn, takes place at 11 a.m. in The Forum. The presentation also runs at 1 p.m. and 3 p.m.

Dr. Claire Bushong, professor Jeanmarie Nielsen and professor Michael Anderson will perform seasonal selections in Trinity Chapel at 11 a.m. The trio will also perform at 1 p.m.

Three area families will perform the Christmas Story in Trinity Chapel at noon, followed by a performance at 2 p.m. Professor Emeritus and resident

Christmas storyteller John W. Nielsen will entertain visitors with various stories in The Forum at noon. Nielsen will also tell Christmas stories at 2 p.m. and 4 p.m.

Borup Coliseum will be the site of the Scandinavian Folk Dancers. Several area families will share traditional Scandinavian dances at noon, with another performance at 1 p.m.

Dana is privileged to have Janice Lippincott, the 2002 Nebraska State Fair winner of "Best of Show" for quilt design, show her talents in Mickelsen Hall at noon, 1 p.m. and 2 p.m. Lippincott's presentation is called "Sharing His Gifts Through Quilting."

Two high school choirs from Omaha will perform holiday music in Borup Coliseum. Millard North High School and North High School will be making their appearance at 2 p.m.

Other events including an art exhibit, book sale, Swedish weavers, wood carving and Danish exhibit will occur continuously Sunday. A complete schedule of events is available at www.dana.edu/sightsandsounds.

Hermes

Dana College

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Hermes is written and published by students of the Dana College Communication-Print Media Department on Fridays during the fall and spring academic year. Content of the paper is developed independently of the student government, faculty and administration and does not reflect the policies of these groups. Opinions expressed in Hermes are not necessarily those of the editors, college or the college community.

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.

Dead Day: students could use a little break to study and for fun

"Dead Day." Some people think that this is a bad idea for the college. Other people, like me, think it's good. I see Dead Day as a good opportunity for students all together. In a previous article Derek Fey's point was about how students may go out, procrastinating the weekend away, and then come back on Monday and cram for their big finals. But, there are some very valid reasons why Dana College put in a "Dead Day" for the students this year.

For one thing, Thanksgiving arrives later this year, which makes Sights and Sounds one week later than normal. This means the fine arts people along with many other dedicated individuals are put in a bind for time to devote to academics. True, this may be a consequence that comes with being involved in those areas, but athletes, such as the

boys basketball and wrestling team, will be out and about this weekend as well.

Dead Day also allows students to assemble and ask questions that might be causing confusion. There also might be study groups that could form to clear up any last minute questions if the weekend got too packed for students. Teachers are also making the best for the extra study day. Some teacher are devoting time on "Dead Day" to come in and answer any questions that students might have for the final exams or projects.

Finally, I don't believe student will overlook this day as an opportunity to go out and party. Dana thrives on strong academics and involvement in activities and students will see "Dead Day" as a breath of fresh air to help finish out the semester strong.

-Christen Neben

'Eggfighter' relieves student concerns by pounding them with powerful kung fu

With the gargantuan amount of stress students put upon themselves during finals week, finding a source of liberation can be a blessing. I suggest that students apportion much time and energy into internet games, especially a game known as *Egg Fighter*.

What is *Egg Fighter*, you might inquire? *Egg Fighter* is a fusion between the *Street Fighter* the arcade game and the television program *Iron Chef*. With spectacular graphics and a riveting story line that would have George Lucas dropping to his knees, *Egg Fighter* may well be the computer conception of the century (even better than that whole CD-writer thing). Play as "Jackie," an obvious personification of Jackie Chan, as you avenge your father's death against Bruce, again an apparent knockoff of Bruce Lee.

Despite preceding reviews com-

partmentalizing the game as "stupid" and stating that donkeys could manufacture a better game than the *Egg Fighter* designers, I believe that the game should have its own national holiday. However, I have received no reply to my continual e-mails to President Bush on the matter.

One official speaking on behalf of the president responded eloquently. "We believe this game could be very important to determine which of us are real Americans."

With moves such as the "egg beater combo," "the tiger uppercut," "the egg-butt," and "the yolk scrambler," this game allows you to turn your adversary in to something resembling what your brain looks like on drugs.

The game can be acquisitioned at www.gamer.tv, and is free to all with an internet access.

The Other Side of Campus: Lessons in Gift-Giving

From its roots in history to the present, gift-giving has been important in the lives of many people, and sometimes vital

To write a decent article on Christmas gift-giving one needs to consult Barbara Walters, advertising agents, sociologists, and soccer moms. So I've decided not to make this a decent article.

Gift-giving is a time-honored tradition during the Christmas season. It all started with the three wise men coming to give baby Jesus gold, Frankenstein, and fur. Centuries passed and the tradition blossomed. Romans gave Christians tickets to the lion pit. Christians gave Muslims the axe, Catholics gave Protestants America, and Protestants gave Indians small-pox. So you can see how gift-giving plays a large part in the Christmas season. It's important for you to think carefully about each individual gift you give, so that it's meaningful to the receiver. Socks, ties, TV's, and puppies are over-rated. They've all

been done before. Be original.

For instance, old Uncle Eddie usually spends Christmas night sitting in front of the tree, drinking eggnog and talking to the little Keebler elves that keep trying to steal his slippers. So I went out and bought Zolof for Uncle Eddie.

But what about little Johnny Bedwetter who's spent the majority of his life so far in front of the TV? Eye glasses? A hip-mounted beverage bar? A bedpan? My suggestion to you would be to buy his parents a cattle-prod. That should get little Johnny motivated.

Sometimes you can have fun with your gift-giving. Want a cheap and funny present? How about a shoebox? A Christmas card envelope? A wad of

wrapping paper? Funny gifts can be really elaborate too. Why not get grandma a Bible with a copy of the Kama Sutra substituted for the Book of Psalms. Get dad a remote control beer coozie. Make life interesting and get mom Styrofoam

tires. Get little Jimmy that flamethrower he keeps asking for.

But what about buying gifts for friends? You could save money by buy-

ing a carton of cigarettes and giving each one of them a pack. Maybe they don't smoke...but who are you to say they don't want to start?

Refrigerator magnets are also good Christmas gifts for friends, especially one with cute Christmas-time sayings like, "The only good Republican is a dead one," or, "Of all the things I've lost I miss my mind the most."

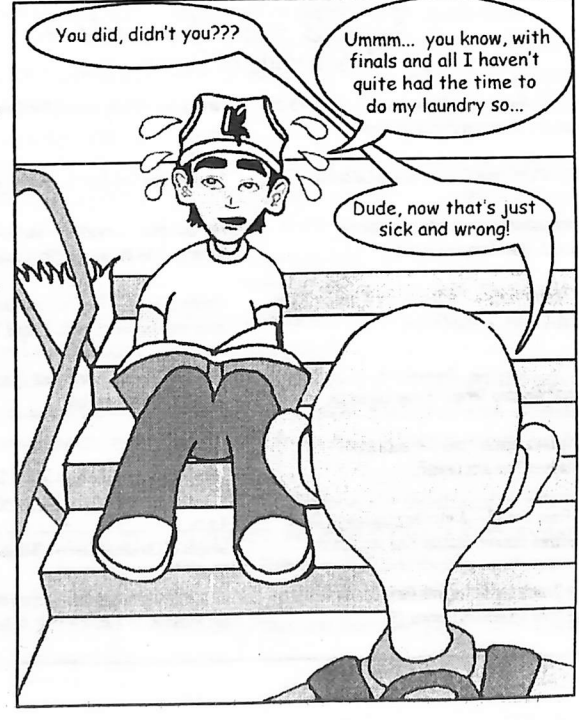
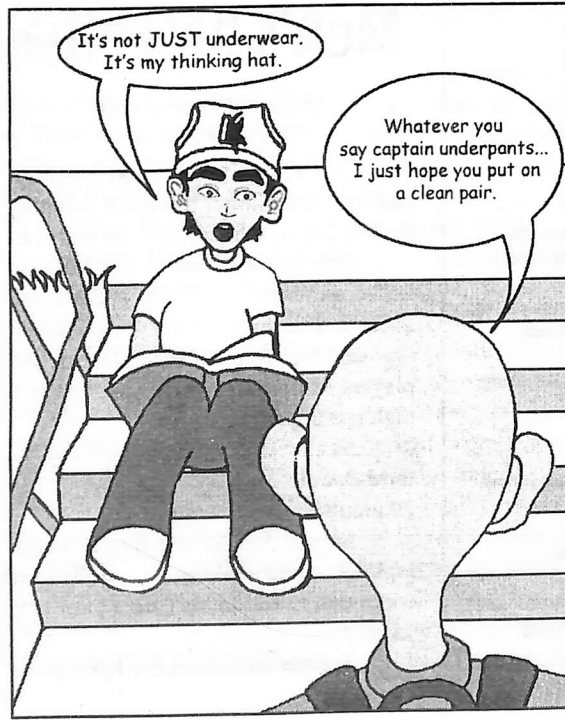
Maybe your friends don't have refrigerators. No problem, just write these witty sayings on a piece of masking tape and put it on their car door. It's sure to be an instant hit.

That's all the advice I have for today. If you have any other brilliant ideas for Christmas gift-giving, or just a comment on how nu-decent this article was, write to Hermes@acad2.dana.edu.

-Jeremy Stoll

"Want a cheap and funny present? How about a shoebox? A Christmas card envelope? A wad of wrapping paper?"

J&L's Dorm Life



By: Chris A. Johnson

morpheus@iodoss.org

Cross country men race to 22 at nationals

Finishing better than their NAIA ranking by one place, the course grew treacherous after the women's race, and ultimately proved to be the real opponent. The men finished with a team score of 488 on their sixth trip to nationals in seven years

Disappointment is all the men's cross country team brought home from the NAIA National Cross Country Meet held Nov. 23 in Kenosha, Wis. They were hoping for more.

The Vikings entered the meet ranked 23 in the NAIA rankings. They bettered their ranking by one spot, finishing 22 with a team score of 488 points. Minot State University won the men's race with a score of 120 points.

The course turned muddy after the women's race, making it difficult for runners to move through the field.

"Our five-man pack time was the best this season," said coach Jay Birmingham, "but we were simply too far back."

Senior Allen Wagner (Kailuah-Kona, Hawaii) led the team, placing 57 with a time of 26:47. Senior Derek Fey (Omaha), Great Plains Athletic Conference Champion, finished a stride behind Wagner in 58 place. Senior Garry Clark (Washington, D.C.) was Dana's third

scorer with a time of 27:46, placing 141 overall.

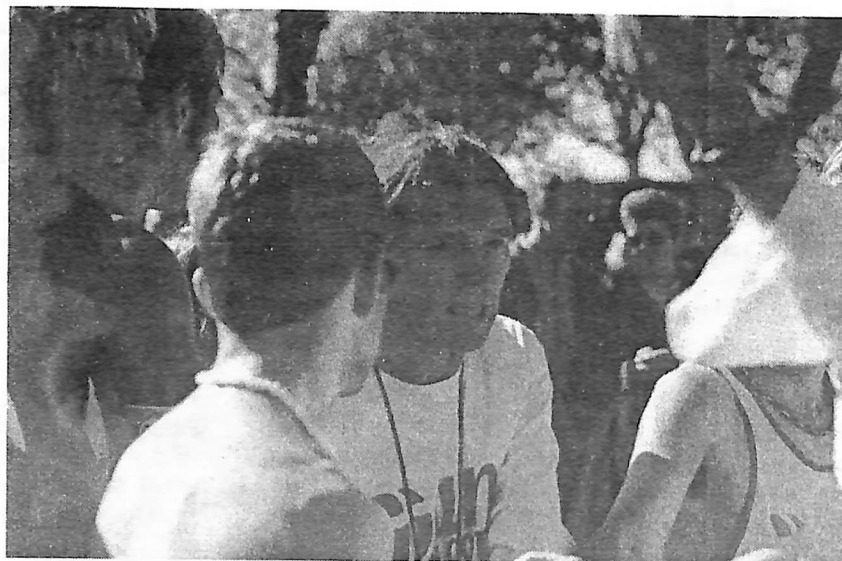
Senior Ryan Milner (Council Bluffs) placed 174 with a 28:14 clocking and junior Ian Latella (Red Oak, Iowa) finished Dana's scoring off with a time of 28:38, good for 197.

Also running for the Vikings were freshman Roger Simpson (North Platte, Neb.), 203 in 28:45, and senior Brent Reno (Omaha), 204 in 28:49.

The Vikings made their sixth trip to nationals in the past seven years. For three seniors, Kenosha was the location of their final cross country race in college.

"I'm pleased that we were able to qualify as a team," Fey said. "But I don't think any of us wants to remember our last college race like this, not after all the work that we put in over the season. It's really disappointing."

Four Dana students were honored as NAIA All-America Scholar-Athletes at the awards ceremony. Seniors Alicia



Senior Ryan Milner, left with no shirt, listens to Coach Birmingham while sophomore Matt Bloomingdale hides his face on the right. Photo by John Tripp.

Widtfeldt (Blair) and Stephanie Collins (Shelby, Iowa), Latella, and Fey were recognized for holding GPAs above 3.5 and achieving qualifying times of sub-20:30

for women and sub-28:30 for men. The Dana men's team was also honored as an NAIA Scholar Team for their collective GPA of 3.19.

Wrestlers finish 3-1 at large dual meet before Thanksgiving week

Marshall Marquardt
Sports Editor

The Viking wrestlers traveled to Pella, IA to compete in the Central College Duals the weekend before Thanksgiving.

With four varsity starters out, the Vikings relied heavily on their veterans to lead them to a 3-1 record on the day.

The Vikings tied Luther College 25-25, but ended up winning the dual meet on criteria. The Vikings then lost to Manchester College 30-16, but bounced back to beat Central College 22-21 and Missouri Baptist University 27-21.

The wrestler of the day for the Vikings was freshman Jason Lozier, who went 4-0 on the day and won his matches

by a combined score of 36-0.

Sophomore Leister Bowling and junior Wynn Fangmeier also went 4-0 on the day. Fangmeier had three falls for the Vikings while Bowling had two.

One highlight of the day was when freshman Lucas Qualls pinned his man from Central College in 1:57 to win the dual meet. The Vikings had freshman filling six of the top ten spots, but the young kids showed a lot of heart.

"We were very fortunate to come away with three victories," head coach Steve Costanzo said. "To have four starters out due to injuries and to give up an open weight just amazes me. We really asked a lot out of our upperclassmen and younger kids. I am very proud of them."

'Flames' from different colleges both defeat basketball women

Marshall Marquardt
Sports Editor

The lady Viking basketball squad dropped their last two games, losing to the Midland Flames and the College of Saint Mary's Flames.

The Vikings traveled to Fremont Wednesday night, looking to open up their conference play with a win, but fell short, losing to the Warriors 89-59.

The Vikings were led by sophomore Sam Alapa and senior Janine Jones, each scoring in double digits for the Vikings.

Alapa led the way with 17 points and 6 rebounds, while Jones added 13 points and 7 rebounds.

The Warriors had six players in double figures, but what really hurt the Vikings were the 17 turnovers they had compared to the Warriors 8.

The ladies traveled to Omaha last Monday in a losing effort, 74-45, to the College of Saint Mary's.

Jones led the way for the Vikings, as she was the only scorer in double figures for the Vikings, dropping 11 points and grabbing 9 rebounds.

Alapa was close behind her recording 9 points on the night and 5 rebounds.

The women play their next game here on Monday at 7:30 pm.

Men's basketball team wins 2 of 3

Marshall Marquardt
Sports Editor

The Viking men's basketball team has won two of their last three, bringing them to 3-6 on the season so far this year.

The Vikings lost to the Midland Lutheran Warriors (7-2), Wednesday night in Fremont. The Vikings fought hard and had three of their starting five players in double figures, but lost in a high scoring duel, 104-90.

Senior Derek Hack recorded his third double-double of the season with 20 points and 10 rebounds.

Senior Jon Mauro had a season high 19 points while senior Jeff Tesmer continued to add to his career total with 15 points.

Tesmer surpassed the 1,000 point

mark in their last game versus York.

Junior Chad Harder and Sophomore Chris Johnson came up big off the bench, scoring 15 and 14 points respectively.

The Vikings' last game was November 26 against York College. The Vikings crushed them by 13 points, winning 86-73.

Sophomore Bruce Erdmann had a huge night, scoring a career high 23 points. However, that was overshadowed when Tesmer scored 8 points to eclipse the 1,000 point mark.

Hack also added 21 points for the Vikings while sophomore Andy Cox put in 16.

The Vikings travel to Peru, NE, to take on Peru State tomorrow at 3:00 p.m.

🌲 Sights and Sounds 🌲 Schedule of Events

Saturday, December 7

3 p.m.: Pre-Concert Reception (Borup Coliseum)

4 p.m.: Sounds of Christmas Concert (Borup Coliseum)

5:30 p.m.: Smorgasbord—Authentic Scandinavian smorgasbord. (E.C. Hunt Campus Center)

After Dinner: Mezzo Forté—Contemporary music by adults and children. (E.C. Hunt Campus Center)

Sunday, December 8

10 a.m.: Festival Worship Service (Borup Coliseum)

11 a.m.: Viking Encampment and Demonstrations (Black Box, Madsen Fine Arts Center)

"A Long Way From Home"—A moving play cast by Dana students (Lauritzen Theatre, Madsen Fine Arts Center)

Julestuen—A Danish Christmas with Dana Danish students and Instructor Trine Feuerborn (Forum, DC)

Faculty Trio (Trinity Chapel, Durham Center)

12 p.m.
Scandinavian Folk Dancers (Borup Coliseum)

The Christmas Storyteller—Stories by storyteller Prof. Emeritus John W. Nielsen. (The Forum, Durham Center)

Christmas Forté—The Christmas story in splendid song by three area families. (Trinity Chapel, Durham Center)

Quilt Show—Janice Lippincott, "Sharing His Gifts Through Quilting." (Mickelsen Hall)

2 p.m.
Showcase Two Omaha High School Choirs (Borup Coliseum)

4 p.m.
Sounds of Christmas Concert (Borup Coliseum)

Danish Immigrant Archive—Open during Sights and Sounds of Christmas, 11 a.m.-4 p.m. (C.A. Dana-LIFE Library)