

Page 2
A growing
campus



Page 3
The Pundit
How then should I live



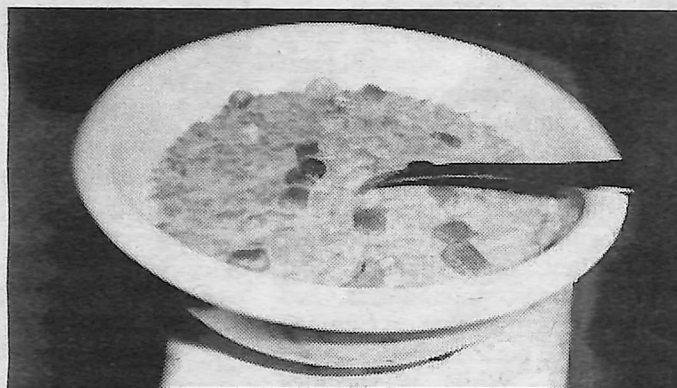
Page 4
Wrestling
Basketball

Breakfast important for maintaining health

By Meghan White
Daily Lobo (U. New Mexico)
02/18/2005

(U-WIRE) ALBUQUERQUE, N.M. - Skipping breakfast to catch a couple minutes more sleep might be doing something far worse than hurting Captain Crunch's feelings. Leslie Cunningham-Sabo, research assistant professor at the University of New Mexico Health and Sciences Center, said not eating breakfast could "impair a student's ability to learn."

Cunningham-Sabo said the immediate effects of not eating breakfast can include nausea and light-headedness. She said blood sugar levels drop and people may experience a lack of energy. She said people who do not eat



breakfast cannot function at their peak level. "Bodies need energy from breakfast foods," Cunningham-Sabo said. Sophomore Jessica Terrazas said she doesn't think it makes much of a difference if she misses breakfast. She feels perfectly normal when she skips it. Andrea Schanbacher said she would buy yogurt for breakfast at school

if it were more affordable. Dave Szenasi said he doesn't eat breakfast, but on big test days, he eats to make sure he has less on his mind during the exam. Cunningham-Sabo said there might not be

long-term effects in a breakfast-deprived body in healthy people. "I think people's bodies can be fairly adaptable," she said. "I'm not aware of any long-term effects." She said if someone has a health condition such as diabetes, then skipping meals can be a real problem because it causes blood sugar levels to drop.

"People with conditions such as diabetes really do need to eat regularly scheduled meals," Cunningham-Sabo said. But the benefits of eating a little something after waking up seem to be a key in maintaining a healthy lifestyle, she said. Student Rudy Richardson said he tries to eat breakfast at home so he doesn't spend money during the day. But for the most part, he doesn't have time to eat breakfast. "Most of the time, I don't think about breakfast," he said. "It does take a little bit of planning, but have some grab-and-go kind of snacks such as granola bars, a piece of fruit, yogurt -- even last night's leftover pizza," Cunningham-Sabo said. "Do not be constrained by thinking you have to eat stereotypical breakfast foods."

Going to the library: A thing of the past?

Brandie Carlson
Staff Writer

I recently came across an article online at MSNBC news, entitled 'Online research worries many educators'. Ironically, this inspired me to write this article. The story suggests that students are relying solely on Internet sites for their scholarly information. I decided to talk to English professor, Scott Hermanson, to see if he thought this was an issue at Dana.

Hermanson believes there is a dependence on Internet sources, and it is a huge problem. He admitted that the web is a fabulous tool, which he uses extensively,

however it is best used to get quick broad knowledge on a subject, not in depth research. He said that students are more concerned about meeting requirements than learning. He also noted that concern about students' reliance on Internet sources might generate the need for a basic level course in library research.

The MSNBC article included a study done on research habits at Wellesley College in Massachusetts. In the class they studied, they found only 2 percent of the students used non-Internet sources.

I decided to hang out for a while in the campus center to do my own amateur survey. I asked random students if they were writing

a paper -- and they had no restrictions on where their sources came from -- would they use the Internet or go to the library? Out of the thirty Dana students I polled, two of them would have chosen to go to the library. That means over ninety-three percent of these students would rather use Internet sources. Some of them did note, however, that they would use online libraries, journals and full-text articles from books.

And is this such a bad way to get information? Many say that the real problem is the uncertainty about of the quality of information found online. Although the site looks professional, the information may be faulty. However, I would like to add from my personal

experience, I have seen a text book used in the Lincoln Public Schools that listed Montgomery as not only the capital of Alabama, but also Georgia, Maryland, New Jersey, and Wyoming. True story.

In the end, students will do what they see fit, even if that does mean using online sources. Unless professors start requiring trips to the library, it is unlikely students' desire of instant information or the influence of the Internet will fade away. Regardless of where the information is found, the important thing is to use trustworthy sources, and research the topic fully.

Opinion

Upcoming Events

Open Swim
Tuesdays and
Thursdays at
7:00 P.M.

CEC sign language work-
shop in DC 318
Feb. 27 @ 6:00
P.M.

Capture the flag
on March 3 in
the oval @
6:00 P.M.

Jeopardy game
night on March
3 @ 9:00 P.M. in
the forum

Mandatory
T.A. Meeting
on Thursday,
March 3, DC 319

Dana Blood
Drive on Thurs-
day March 3 @
10 A.M.-4 P.M.

Dana may have grown too fast, too soon

By: Matt Bloomingdale



Does the campus seem less crowded this semester? Well, if you're an upperclassman, it probably doesn't. However, this past month it was reported that freshmen retention was down six percent from previous years. The Board of Regents found this surprising, especially after the completion of the Borup addition brought several freshmen to the Dana campus. But was the drop in retention truly unexpected? In fact, it appears that Borup is the only facility ready to accommodate a substantial growth in students.

This is not to say that the college hasn't yet made an effort to adapt to the growing Dana population. At its February meeting, the Board of Regents gave the official go-ahead to begin (most welcome) renovations to the resident halls and took yet another step closer to the construction of a new residence hall. The first to undergo renovation is Holling Hall.

While a step in the right direction, this creates a considerable dilemma as Holling Hall will be closed for at least the first semester

of the 2005-2006 academic year. The admissions office stated that they expect a 2005 freshmen class comparable in size to this year's, meaning that Dana can expect yet another growth in students (perhaps 650 students) with only four open resident halls. In addition, Argo Hall, being a female only dorm will limit males (certainly a majority on campus) to three resident halls. This should prove to be inconvenient to many students as housing options (with a current housing policy that dictates that freshmen, sophomores, and juniors must live on campus) will be quite limited.

While specifics on renovations to the other resident halls are not yet finalized, one can only expect that until all renovations are complete, students will be inconvenienced for the next few years.

In addition to housing concerns, one must speculate if the college is prepared for this growth academically. Faculty load is becoming a prevalent issue. Class sizes will increase, scheduling will become more of a challenge, and faculty will be asked to, yet again, teach more classes.

I am not advocating that Dana should stop growing yet, I wonder if the college has given serious thought to the inconvenience this growth will bring to students and faculty alike. Housing policies, at least for the next few years, will have to be reassessed, as well as the gender specificity of Argo Hall. An increase in tuition would certainly cause a significant grumble among the student body. And professors will have to be rather understanding to the Dana cause, as they watch their colleagues teach less for more money elsewhere.

Response anyone?

"Constantine" draws from past films

By Nicholas Crowe
Daily Targum (Rutgers U.)
02/22/2005

U-WIRE) NEW BRUNSWICK, N.J. - In his first major post-"Matrix" outing, Keanu Reeves finds himself treading over familiar material as L.A. detective John Constantine in the screen adaptation of the cult DC/Vertigo comic "Hellblazer."

Constantine is singularly aware of a true reality in which the conflict of good and evil are played out in daily life. After being granted a second pass at life after committing suicide as a teenager, he is divinely sanctioned the authority of enforcing rules governing demonic and Godly influence on earth. From it's gospel-based-philosophizing to its variations on cliché "Matrix"-inspired shots, Francis Lawrence's directorial debut "Constantine" comes across as a Matrix for the Jesus crowd. Enjoyment is rooted in its few unrelenting showcases of destruction and agony rather than its plot, which at times, borders on being self-consciously ludicrous.

In response to his suicide and subsequent eternal damnation, God allows Constantine a second chance at life where he monitors divine and demonic activity. Since humanity is a running bet between God and the Devil, both are only allowed to influence souls indirectly,

but as they both cheat through angel and demon half-breeds who deal with humans directly, Constantine is called upon to banish such.

Irrespective of plot blunders, the pure spectacle of the CGI-created Hell, cleverly interpreted as Los Angeles scorched in a fiery orgy equipped with throngs of unrepentant sinners seemed to be the movie's real selling point. Other cinematic moments seemed like variations lifted straight from "The Matrix" such as "paused in time" glass instead of bullets as well as slow motion sequences where Constantine annihilates the competition in a building lobby with his sawed-off crucifix shotgun.

Reeves' acting prowess (or lack thereof) is practically his calling card. His blank stoicism gives him the ability to be absorbed into the background in an overly repressive world that leaves no room for human imagination. In "The Matrix," he didn't need to act; the pure spectacle of the film took over individual performances. In Constantine, a similar attempt is made with varying degrees of success due to the dullness and predictability of the plot, and the fact that most of the visual delights that worked last time are here invariably recycled.

Although Constantine is not aligned with either side, his reluctance to have faith in the face of experiencing salvation multiple times seems to frame him as an ideal prodigal son, which is probably what Warner Bros. wanted in drawing "The Passion" demographic.

Opinion



The Pundit

"How then should I live?"



We're back and we've left quite a lot behind; Discovery Term, Christmas Break, fall semester, and 2004, yet we still have a great deal of ourselves to discover. Beginning this semester, I notice that the main gist of my recent Final paper, my recent personal discoveries, and the themes of Dr. Tom Christenson's message at Opening Convocation intersect in one degree or another. At the end of my interim class, after babbling on about the intersections of secularism and Christian spirituality in American society, I noticed that I never really came to a definitive answer to the question at hand. How should Christians live in and interact with secular society? In Dr. Christenson's recent message, he mentions that spiritual dualism is something with which religion majors, Lutherans specifically, struggle as they seek to apply Luther's sense of vocation into their lives. I have yet to read Dr. Christenson's book, but I will admit that this interaction of personal ideology is intriguing to evaluate. In

self-examination, we can figure out for ourselves, how to live amidst the Christian commission to be *in* the world but not *of* the world. Pulled in two directions, we wish to know *why* or *if* this is right.

In secularist society, we see people and groups seeking money, power, and prestige for their own. Dominated by egotism, we find ourselves drowning in a self-based economy. While easy to cast aside, egoism still creeps into our personal principles. We find ourselves questioning our walks with Christ and our relationships with one another. Do we sacrifice our time, talent, and possessions for one another, for God, or for our need for comfort? Do we minister for bigger spiritual reasons, or just because it feels good to us; because we take delight in the thankfulness, we receive? In the shadow of Lent, we are constantly aware of how we have given into our temptations to place ourselves above God. Yet, despite our brokenness, we seek to become more for ourselves, for those we love, and for our Lord. How do we

do this?

Into our lives, we accept messages we truly value and reject those with which we disagree. This happens on both the personal and broader societal level. Over the Christmas season, there were examples of excluded or diluted religious expression; Christmas trees removed from government buildings, holiday wishes standardized, and secular personifications of joy and generosity uplifted. When certain exhibitions of personal belief were not seen as entirely inclusive, they were deemed as exclusive, divisive, coercive, and harmful. In the name of diversity, America has instituted the norm where there can be no voice to differences. Why, in matters of diversity, religious or otherwise, does it seem that a person has to be a member of a minority before their message is socially acceptable or allowed? In not so many words, our nation has said to its citizens that living and practicing one's identity at the same time is divisive. That somehow through the living and practicing of one's identity, a person is disruptive and actually in some way forcing others to bend their identities to a similar definition.

In secular and spiritual confrontations, we embrace ideas of tolerance and diversity as the same things. They are not. Tolerance is not that you think the characteristics of another are optimal; rather that you put aside your 'entitlement to be offended', and allow their differences,

for the sake of the common goal or greater good. However, under the 'saluted' flag of diversity, American society suppresses individual attributes or anything that might indicate a subculture or belief system of any kind because they could be viewed as divisive or harmful. We become children of American media, mindlessly absorbing the opinions of those in control while being coerced by expectancies and rules into our own silence. We are stripped of our points, our corners, our defining attributes and appear monolithic, the complete opposite of diverse. The extreme opposite of tolerance, we sacrifice our individuality for a greater good that is not represented. This 'celebrated' diversity denies the existence of diversity under the intent that we not appear coercive. Why do we reject openness of religious expression? Simply displaying one's personal faith is not the same as putting a gun to someone's head, forcing them to believe. Such expressions of faith do not even force a person to *consider* spiritual or moral issues. By suppressing religious expressions, Christian or otherwise, we are forcibly abstaining from coming to grips with certain questions and ideas.

In Lent, we find ourselves reevaluating our committed goals and declaring new goals to which we will hold ourselves accountable. In the midst of our prayer, fasting, and service, we do quite a bit of introspection. Such inner questioning is what I will

seek to explore throughout the coming weeks and as such, I would like to leave you with a bunch of questions to ponder. Do we actually want to put aside our differences? As a nation or college of tolerance, what is the ultimate, greater good, in whose name we are called to put aside our differences? What makes our differences detachable and not intrinsic to our identity? Do we want a country dominated by Christendom; at a personal, social, and even governmental level? Does such a 'utopia' truly reflect the nature or face of God? As individuals and as members of groups, what is it that we seek? Do we want others to become just like us? Do we want to be transformed into the image of someone else? Do we just want to have fun in life, slowly learning to get used to our freedoms? Do we wish to pursue our own happiness, to actualize our potential, to serve one another in response to Christ's love? As we seek to define who it is that we are and discover who it is that we are to become, we are forced to determine our foundations. What makes our identity our reality? Are these identities and realities merely perceived? Are they true? Can we or should we change them? Whatever path we walk, with each step and each turn we must continuously reevaluate the question; how should I live? "I'm no lunatic man. I'm a sane man fighting for his soul." — R.M. Renfield
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Hermes

Dana College

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 the Hermes are not necessarily those of the editors, college or the college community.

Hermes welcomes letters to the editor expressing original points of view. Hermes reserves the right to edit all letters according to space availability. All letters must include author's name and address. Under certain circumstances Hermes may respect request to have name 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 4:00p.m. on Tuesday.

Sports

Wrestling wins regionals

Melissa Respeliars
Staff Writer

At last weekend's NAIA Central Regionals in Muskogee, Okla. Dana's wrestlers came out on top winning the regional championship with a team score of 199.5. The Vikings had wrestlers in eight weight classes. Individually four wrestlers were crowned champions in their weight class. The champions included: Jimmy Rollins (133), Ben Henderson (157), Leister Bowling (165), and Blair Alderman (184). Other notable finishes belonged to Marshall Marquardt (174) with a second place finish, Craig Trampe

(125) with a third place finish, and Terrence Almond (141) also with a third place finish. Scott Taylor (157) also grabbed a second place finish after facing fellow teammate Henderson. The team had nine wrestlers finish in the top three.

The wrestlers weren't the only ones who were recognized at the regionals; Coach Steve Costanzo was named Central Regional Coach of the Year. Coach Costanzo is in his sixth year as head coach at Dana. While he has been here he has been responsible for helping many wrestlers become champions. The team will be in action again Mar. 4-5 at the NAIA National Tournament in Sioux City, Iowa.

Basketball seasons come to close

Kathy Wells
Editor

As the weather becomes warmer, the men's and women's basketball teams have reached the end of their seasons. The men's team faced the number one ranked Northwestern College in the first round of the GPAC tournament, which ended their season with an 80-78 loss. The men ended the season with a 12-19 record. Two seniors, Bruce Erdmann and Chris Johnson, ended their season and careers at Dana College with outstanding accomplishments. Erdmann scored over 1,000 points during his career

and Johnson racked up over 500 rebounds.

The women's team had a marked improvement over previous years, ending their season with a 5-26 record. The final game of their season was a 59-74 loss against Doane, who was the number two seed in the GPAC Conference Championship. Amy Nichol has been a standout for the women. She was their leading scorer with an average 12.1 points per game. She also led the GPAC in steals with 92 and had a .565 field goal percentage for fourth in the conference.

Each team has much to be proud of and to look forward to next season.

Upcoming Sporting Events

Baseball

Feb. 27 Vs. Benedictine University in Atchison, KS @ 1:00 P.M.
March 5,6 Vs. Huron University in Blair @ 1:00 P.M. and 12:00 P.M.

Wrestling

March 4 and 5 NAIA Nationals in Sioux City, IA @ TBA

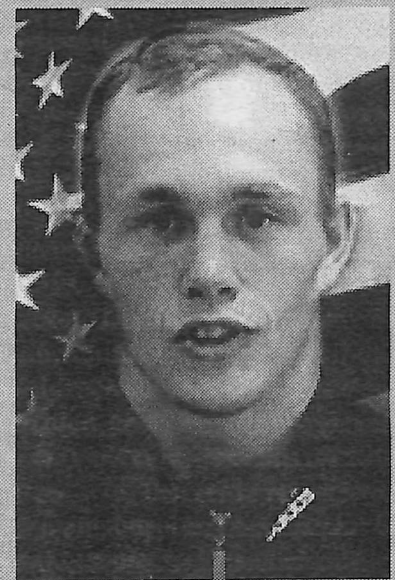
Indoor Track

March 3-5 NAIA Indoor National Championships in Johnson City, TN

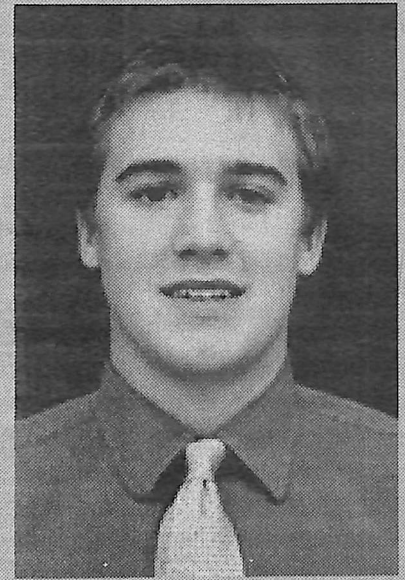
Viking Sports Information Department's

Champion of Character

Athlete of the Week



Rusty Taper
Wrestling



Bruce Erdmann
Basketball